

Overall Team Trophy		EMAC Track & Field League			Final		Teams = 8		EMAC League Record? (W35-49)	EMAC League Record? (W50-59)	EMAC League Record? (W60+)	Derived from Age Grade Tables of 2015
Men	O/A	Milton Keynes			Sun	23 September 2018	Overall Match Scores					
Pos	Women's Teams	Bib	Final Points	Final	Pos							
209.5	436.5	2	Ryston Runners AC	A	227	227	2					
215.5	374.0	5	Nene Valley Harriers	B	158.5	158.5	5					
x	x	3	Fairlands Valley Spartans	C	226	226	3					
277.5	532.5	1	Marshall Milton Keynes AC	D	255	255	1					
x	x	6	Loughton AC	E	153	153	6					
x	x	4	WSAC/St Edmunds Pacers	F	159.5	159.5	4					
198.5	294.5	8	Southend AC	G	96	96	8					
x	x	7	Cambridge & Coleridge AC	H	110	110	7					

RDA = Race Day Age

Single letters only

1003	100m	100m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %	
B	1	Claire Smith	42	Nene Valley Harriers		13.6	8	-	x	x	82.6
A	2	Lyndsay Yellop	40	Ryston Runners AC		14.3	7	-	x	x	76.9
H	3	Anne Moindrot	35	Cambridge & Coleridge AC		14.5	6	-	x	x	72.3
G	4	Lorraine Ramet	48	Southend AC		15.2	5	-	x	x	79.0
D	5	Chripina Odunewu	43	Marshall Milton Keynes AC		15.4	4	-	x	x	73.8
F	6	Sharon Perry	46	WSAC/St Edmunds Pacers		15.6	3	-	x	x	75.3
E	7	Michaela Davis	52	Loughton AC		17.1	2	x	-	x	73.2
C	8	Peta Wilson	49	Fairlands Valley Spartans		18.9	1	-	x	x	64.2
1005	100m	100m W50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %		
C	1	Monica Brown	53	Fairlands Valley Spartans		14.8	8	-	x	85.4	
A	2	Gaye Clarke	58	Ryston Runners AC		16.0	7	-	x	83.0	
D	3	Janice Hardcastle	59	Marshall Milton Keynes AC		16.5	6	-	x	81.3	
B	4	Judith Jacobs	54	Nene Valley Harriers		16.7	5	-	x	76.5	
F	5	Christine Anthony	55	WSAC/St Edmunds Pacers		16.8	4	-	x	76.8	
G	6	Susan Brown	54	Southend AC		17.3	3	-	x	73.8	
E	7	Christine Salvary	61	Loughton AC		17.5	2	x	-	78.1	
H	8	Carol Wright	68	Cambridge & Coleridge AC		20.2	1	x	-	72.1	
1006	100m	100m W60+	RDA	Team	(NN.n)	Pts	Rec	AG %			
E	1	Emily McMahon	68	Loughton AC		16.5	8	-	88.3		
D	2	Diane Baldwin	61	Marshall Milton Keynes AC		17.6	7	-	77.7		
F	3	Dawn Mason	61	WSAC/St Edmunds Pacers		18.2	6	-	75.1		
A	4	Gill Hart	65	Ryston Runners AC		19.3	5	-	73.5		
C	5	Catherine Craig	65	Fairlands Valley Spartans		19.4	4	-	73.1		
G	6	Marion Matthews-Smith	63	Southend AC		21.8	3	-	63.9		
H	7	Mary Holmes	82	Cambridge & Coleridge AC		24.5	2	-	72.6		
	8						1				
2003	200m	200m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %	
B	1	Claire Smith	42	Nene Valley Harriers		27.7	8	-	x	x	83.6
A	2	Katy Tuncer	38	Ryston Runners AC		29.8	7	-	x	x	73.9
D	3	Chripina Odunewu	43	Marshall Milton Keynes AC		30.9	6	-	x	x	75.9
F	4	Sharon Perry	46	WSAC/St Edmunds Pacers		31.5	5	-	x	x	77.2
C	5	Tessa Stephenson	58	Fairlands Valley Spartans		32.4	4	x	-	x	85.5
G	6	Lorraine Ramet	48	Southend AC		32.7	3	-	x	x	76.1
E	7	Michaela Davis	52	Loughton AC		36.1	2	x	-	x	72.0
H	8	Samantha Collins-Shirley	45	Cambridge & Coleridge AC		36.8	1	-	x	x	65.3
2005	200m	200m W50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %		
C	1	Monica Brown	53	Fairlands Valley Spartans		32.3	8	-	x	81.4	
A	2	Gaye Clarke	58	Ryston Runners AC		33.7	7	-	x	82.2	
D	3	Janice Hardcastle	59	Marshall Milton Keynes AC		34.4	6	-	x	81.4	
B	4	Judith Jacobs	54	Nene Valley Harriers		35.3	5	-	x	75.3	
E	5	Christine Salvary	61	Loughton AC		35.9	4	x	-	79.6	
G	6	Susan Brown	54	Southend AC		36.3	3	-	x	73.2	
F	7	Eloise Bird	50	WSAC/St Edmunds Pacers		38.0	2	-	x	67.0	
	8						1				

2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Rec	AG %		
D	1	Diane Baldwin	61	Marshall Milton Keynes AC	36.3	8	-	78.7		
E	2	Barbara Higgins	63	Loughton AC	38.9	7	-	74.9		
C	3	Catherine Craig	65	Fairlands Valley Spartans	40.5	6	-	73.4		
H	4	Carol Wright	68	Cambridge & Coleridge AC	40.6	5	-	75.3		
F	5	Jenny Morgan	62	WSAC/St Edmunds Pacers	41.0	4	-	70.4		
A	6	Gill Hart	65	Ryston Runners AC	41.4	3	-	71.8		
G	7	Marion Matthews-Smith	63	Southend AC	43.6	2	-	66.8		
B	8	Brenda Church	66	Nene Valley Harriers	48.1	1	-	62.4		
4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
B	1	Claire Smith	42	Nene Valley Harriers	65.7	8	-	x	x	81.6
F	2	Sharon Perry	46	WSAC/St Edmunds Pacers	70.6	7	-	x	x	79.2
A	3	Hayley Hawes	37	Ryston Runners AC	71.6	6	-	x	x	70.9
C	4	Christine Lathwell	42	Fairlands Valley Spartans	72.6	5	-	x	x	73.8
D	5	Stephanie Johnston	44	Marshall Milton Keynes AC	74.2	4	-	x	x	73.8
G	6	Sue Cribbs	46	Southend AC	78.8	3	-	x	x	70.9
H	7	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	85.0	2	-	x	x	65.1
E	8	Michaela Davis	52	Loughton AC	98.9	1	x	-	x	59.9
4005	400m	400m W50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
D	1	Debra Brent	55	Marshall Milton Keynes AC	78.3	8	-	x	x	77.9
C	2	Tessa Stephenson	58	Fairlands Valley Spartans	78.3	7	-	x	x	80.0
F	3	Eloise Bird	50	WSAC/St Edmunds Pacers	82.0	6	-	x	x	70.9
B	4	Yvonne Scarrott	51	Nene Valley Harriers	82.1	5	-	x	x	71.5
A	5	Helen Reed	53	Ryston Runners AC	106.1	4	-	x	x	56.4
E	6	Jean Hobbs	69	Loughton AC	120.3	3	x	-	x	58.9
	7					2				
	8					1				
8003	800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
D	1	Corinne Nurse	40	Marshall Milton Keynes AC	02:31.3	8	-	x	x	77.0
C	2	Christine Lathwell	42	Fairlands Valley Spartans	02:42.3	7	-	x	x	73.1
G	3	Sue Cribbs	46	Southend AC	03:03.4	6	-	x	x	66.9
H	4	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	03:10.5	5	-	x	x	63.9
E	5	Melanie Peddle	50	Loughton AC	03:52.1	4	x	-	x	54.7
A	6	Sue Smith	54	Ryston Runners AC	05:14.3	3	x	-	x	42.6
	7					2				
	8					1				
8005	800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
F	1	Christine Anthony	55	WSAC/St Edmunds Pacers	02:50.6	8	-	x	x	79.5
C	2	Alison Wood	52	Fairlands Valley Spartans	02:55.4	7	-	x	x	74.3
D	3	Debra Brent	55	Marshall Milton Keynes AC	02:58.8	6	-	x	x	75.8
B	4	Yvonne Scarrott	51	Nene Valley Harriers	03:07.5	5	-	x	x	68.6
A	5	Linda Marshall	53	Ryston Runners AC	03:10.5	4	-	x	x	69.3
H	6	Joan Lasenby	58	Cambridge & Coleridge AC	03:13.2	3	-	x	x	73.3
E	7	Michaela Davis	52	Loughton AC	03:53.9	2	-	x	x	55.7
	8					1				
8006	800m	800m W60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %		
D	1	Diane Baldwin	61	Marshall Milton Keynes AC	03:05.0	8	-	80.3		
C	2	Yuko Gordon	67	Fairlands Valley Spartans	03:07.6	7	-	89.3		
F	3	Jenny Morgan	62	WSAC/St Edmunds Pacers	03:09.7	6	-	79.9		
A	4	Elizabeth Blakie	60	Ryston Runners AC	03:38.6	5	-	66.7		
E	5	Jean Hobbs	69	Loughton AC	04:10.6	4	-	69.7		
H	6	Mary Holmes	82	Cambridge & Coleridge AC	04:26.1	3	-	91.0		
	7					2				
	8					1				
15003	1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
C	1	Christine Lathwell	42	Fairlands Valley Spartans	05:17.1	8	-	x	x	79.2
G	2	Tracy English	41	Southend AC	05:22.6	7	-	x	x	77.0
D	3	Diane Baldwin	61	Marshall Milton Keynes AC	06:05.8	6	x	x	-	87.9
H	4	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	06:16.0	5	-	x	x	69.2
F	5	Eloise Bird	50	WSAC/St Edmunds Pacers	06:48.2	4	x	-	x	67.8
E	6	Melanie Peddle	50	Loughton AC	07:31.6	3	x	-	x	61.3
	7					2				
	8					1				

15005	1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
F	1	Christine Anthony	55	WSAC/St Edmunds Pacers	05:32.5	8	-	x	88.8	
C	2	Alison Wood	52	Fairlands Valley Spartans	06:00.2	7	-	x	78.8	
G	3	Vanessa Mathers	51	Southend AC	06:01.6	6	-	x	77.5	
B	4	Yvonne Scarrott	51	Nene Valley Harriers	06:09.7	5	-	x	75.8	
D	5	Diane Farmer	59	Marshall Milton Keynes AC	06:13.2	4	-	x	83.7	
A	6	Linda Marshall	53	Ryston Runners AC	06:16.9	3	-	x	76.3	
H	7	Joan Lasenby	58	Cambridge & Coleridge AC	06:25.2	2	-	x	79.9	
E	8	Jean Hobbs	69	Loughton AC	07:58.3	1	x	-	76.3	
30003	3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
C	1	Christine Lathwell	42	Fairlands Valley Spartans	11:09.3	8	-	x	x	79.9
G	2	Tracy English	41	Southend AC	11:52.4	7	-	x	x	74.3
A	3	Hayley Hawes	37	Ryston Runners AC	12:35.1	6	-	x	x	68.0
D	4	Debra Brent	55	Marshall Milton Keynes AC	13:06.2	5	x	-	x	79.9
F	5	Angela Underdown	52	WSAC/St Edmunds Pacers	16:13.4	4	x	-	x	62.0
	6					3				
	7					2				
	8					1				
30005	3000m	3000m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
F	1	Christine Anthony	55	WSAC/St Edmunds Pacers	11:56.9	8	-	x	87.6	
C	2	Alison Wood	52	Fairlands Valley Spartans	12:45.7	7	-	x	78.8	
G	3	Vanessa Mathers	51	Southend AC	12:52.3	6	-	x	77.1	
D	4	Diane Farmer	59	Marshall Milton Keynes AC	12:59.6	5	-	x	85.2	
B	5	Yvonne Scarrott	51	Nene Valley Harriers	13:03.2	4	-	x	76.0	
A	6	Linda Marshall	53	Ryston Runners AC	13:28.2	3	-	x	75.7	
H	7	Joan Lasenby	58	Cambridge & Coleridge AC	13:56.8	2	-	x	78.3	
E	8	Melanie Peddle	50	Loughton AC	16:04.0	1	-	x	61.0	
30006	3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %		
C	1	Yuko Gordon	67	Fairlands Valley Spartans	12:50.0	8	-	97.5		
D	2	Diane Baldwin	61	Marshall Milton Keynes AC	13:16.0	7	-	85.9		
F	3	Jenny Morgan	62	WSAC/St Edmunds Pacers	13:18.4	6	-	87.0		
E	4	Jean Hobbs	69	Loughton AC	15:43.5	5	-	82.3		
A	5	Elizabeth Blakie	60	Ryston Runners AC	15:49.4	4	-	71.0		
	6					3				
	7					2				
	8					1				
2KWA	2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	
E	1	Melanie Peddle	50	Loughton AC	11:11.3	8	x	LR	x	
D	2	Diane Baldwin	61	Marshall Milton Keynes AC	12:46.4	7	x	x	-	
A	3	Elizabeth Blakie	60	Ryston Runners AC	13:22.9	6	x	x	-	
F	4	Angela Underdown	52	WSAC/St Edmunds Pacers	13:36.5	5	x	-	x	
H	5	Pamela Abbott	55	Cambridge & Coleridge AC	14:04.9	4	x	-	x	
C	6	Sharon Crowley	60	Fairlands Valley Spartans	15:53.6	3	x	x	-	
B	7	Charlotte Lornie	42	Nene Valley Harriers	15:54.6	2	-	x	x	
	8					1				
2KWB	2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	
D	1	Diane Farmer	59	Marshall Milton Keynes AC	15:21.2	8	x	-	x	
E	2	Pam Ackland-Snow	65	Loughton AC	16:16.3	7	x	x	-	
A	3	Sue Smith	54	Ryston Runners AC	16:46.0	6	x	-	x	
	4					5				
	5					4				
	6					3				
C	7	Christine Lathwell	42	FVS [230.7 (a)]		DQ				
F	8	Eloise Bird	50	WSAC/St Ed. [230.7 (a)]		DQ				
300H5	LH	300mH W50-59 (76.2)	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %	
C	1	Monica Brown	53	Fairlands Valley Spartans	64.7	8	-	x	73.5	
A	2	Gaye Clarke	58	Ryston Runners AC	65.1	7	-	x	79.1	
B	3	Judith Jacobs	54	Nene Valley Harriers	66.2	6	-	x	73.1	
F	4	Angela Underdown	52	WSAC/St Edmunds Pacers	87.3	5	-	x	53.6	
D	5	Diane Presswell	53	Marshall Milton Keynes AC	111.7	4	-	x	42.6	
	6					3				
	7					2				
	8					1				

400H3	LH	400mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
D	1	Corinne Nurse	40	Marshall Milton Keynes AC	75.9	8	-	x	x	-
A	2	Katy Tuncer	38	Ryston Runners AC	78.1	7	-	x	x	16.2
B	3	Claire Smith	42	Nene Valley Harriers	83.9	6	-	x	x	-
C	4	Peta Wilson	49	Fairlands Valley Spartans	117.6	5	-	x	x	-
	5					4				
	6					3				
	7					2				
	8					1				
HT3	HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
B	1	Andrea Jenkins	42	Nene Valley Harriers	45.42	8	-	x	x	81.4
H	2	Sarah Mcgrath	45	Cambridge & Coleridge AC	20.75	7	-	x	x	40.9
D	3	Chrispina Odunewu	43	Marshall Milton Keynes AC	17.83	6	-	x	x	32.9
E	4	Michaela Davis	52	Loughton AC	13.65	5	x	-	x	-
A	5	Helen Reed	53	Ryston Runners AC	11.48	4	x	-	x	-
C	6	Monica Brown	53	Fairlands Valley Spartans	11.29	3	x	-	x	-
G	7	Natasha Lagden	44	Southend AC	10.69	2	-	x	x	20.4
	8					1				
HT5	HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	
D	1	Diane Presswell	53	Marshall Milton Keynes AC	28.16	8	-	x	48.4	
A	2	Gaye Clarke	58	Ryston Runners AC	26.38	7	-	x	50.1	
B	3	Sally Pusey	50	Nene Valley Harriers	23.02	6	-	x	37.4	
E	4	Barbara Higgins	63	Loughton AC	20.33	5	x	-	-	
C	5	Sharon Crowley	60	Fairlands Valley Spartans	16.79	4	x	-	-	
F	6	Angela Underdown	52	WSAC/St Edmunds Pacers	12.30	3	-	x	20.7	
H	7	Pamela Abbott	55	Cambridge & Coleridge AC	11.83	2	-	x	21.1	
	8					1				
HT6	HT	Hammer W60+ (3Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %		
D	1	Jeanette Lawrence	61	Marshall Milton Keynes AC	24.73	8	-	50.1		
F	2	Dawn Mason	61	WSAC/St Edmunds Pacers	21.98	7	-	44.5		
E	3	Pam Ackland-Snow	65	Loughton AC	20.04	6	-	44.6		
A	4	Marlene Simmonds	72	Ryston Runners AC	18.69	5	-	50.3		
C	5	Iris Hornsey	76	Fairlands Valley Spartans	9.70	4	-	-		
	6					3				
	7					2				
	8					1				
SP3	SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
B	1	Andrea Jenkins	42	Nene Valley Harriers	9.61	8	-	x	x	52.1
D	2	Emma Beales	46	Marshall Milton Keynes AC	9.60	7	-	x	x	57.3
H	3	Sarah Mcgrath	45	Cambridge & Coleridge AC	8.75	6	-	x	x	50.9
A	4	Katy Tuncer	38	Ryston Runners AC	7.90	5	-	x	x	39.2
C	5	Monica Brown	53	Fairlands Valley Spartans	6.46	4	x	-	x	-
F	6	Sharon Perry	46	WSAC/St Edmunds Pacers	6.28	3	-	x	x	37.5
E	7	Michaela Davis	52	Loughton AC	5.33	2	x	-	x	-
G	8	Natasha Lagden	44	Southend AC	4.85	1	-	x	x	27.6
SP5	SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	
C	1	Tessa Stephenson	58	Fairlands Valley Spartans	8.87	8	-	x	63.1	
A	2	Gaye Clarke	58	Ryston Runners AC	7.46	7	-	x	53.1	
D	3	Diane Presswell	53	Marshall Milton Keynes AC	6.85	6	-	x	44.3	
B	4	Sally Pusey	50	Nene Valley Harriers	6.26	5	-	x	38.4	
F	5	Angela Underdown	52	WSAC/St Edmunds Pacers	6.21	4	-	x	39.5	
H	6	Pamela Abbott	55	Cambridge & Coleridge AC	6.10	3	-	x	40.9	
E	7	Barbara Higgins	63	Loughton AC	6.10	2	x	-	48.3	
G	8	Susan Brown	54	Southend AC	5.48	1	-	x	36.1	
SP6	SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %		
A	1	Marlene Simmonds	72	Ryston Runners AC	6.79	8	-	39.2		
F	2	Dawn Mason	61	WSAC/St Edmunds Pacers	6.63	7	-	50.6		
E	3	Pam Ackland-Snow	65	Loughton AC	5.54	6	-	38.9		
B	4	Brenda Church	66	Nene Valley Harriers	5.21	5	-	35.6		
D	5	Jeanette Lawrence	61	Marshall Milton Keynes AC	5.04	4	-	38.4		
G	6	Linda Donnelly	60	Southend AC	4.62	3	-	36.0		
C	7	Catherine Craig	65	Fairlands Valley Spartans	4.18	2	-	29.3		
	8					1				

JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %	
D	1	Emma Beales	46	Marshall Milton Keynes AC		24.61	8	-	x	x	43.1
B	2	Andrea Jenkins	42	Nene Valley Harriers		20.79	7	-	x	x	32.7
A	3	Katy Tuncer	38	Ryston Runners AC		20.71	6	-	x	x	29.6
H	4	Sarah Mcgrath	45	Cambridge & Coleridge AC		20.24	5	-	x	x	34.5
F	5	Sharon Perry	46	WSAC/St Edmunds Pacers		13.63	4	-	x	x	23.9
G	6	Sue Cribbs	46	Southend AC		12.53	3	-	x	x	21.9
C	7	Peta Wilson	49	Fairlands Valley Spartans		7.37	2	-	x	x	14.1
E	8	Michaela Davis	52	Loughton AC		7.06	1	x	-	x	-
JT5	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %		
C	1	Monica Brown	53	Fairlands Valley Spartans		16.30	8	-	x	32.8	
A	2	Gaye Clarke	58	Ryston Runners AC		15.67	7	-	x	36.0	
D	3	Diane Presswell	53	Marshall Milton Keynes AC		13.79	6	-	x	27.7	
H	4	Joan Lasenby	58	Cambridge & Coleridge AC		11.49	5	-	x	26.4	
B	5	Sally Pusey	50	Nene Valley Harriers		11.40	4	-	x	21.3	
F	6	Angela Underdown	52	WSAC/St Edmunds Pacers		11.26	3	-	x	22.1	
E	7	Barbara Higgins	63	Loughton AC		10.83	2	x	-	27.7	
G	8	Susan Brown	54	Southend AC		9.75	1	-	x	20.1	
JT6	JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %			
A	1	Marlene Simmonds	72	Ryston Runners AC		13.55	8	-	43.7		
E	2	Pam Ackland-Snow	65	Loughton AC		12.16	7	-	32.6		
F	3	Dawn Mason	61	WSAC/St Edmunds Pacers		11.90	6	-	29.1		
B	4	Brenda Church	66	Nene Valley Harriers		11.51	5	-	31.6		
C	5	Iris Hornsey	76	Fairlands Valley Spartans		10.16	4	-	-		
D	6	Jeanette Lawrence	61	Marshall Milton Keynes AC		9.87	3	-	24.1		
G	7	Linda Donnelly	60	Southend AC		6.60	2	-	15.8		
	8						1				
DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %	
D	1	Emma Beales	46	Marshall Milton Keynes AC		41.36	8	-	x	x	65.6
B	2	Andrea Jenkins	42	Nene Valley Harriers		35.50	7	-	x	x	52.8
H	3	Anne Moindrot	35	Cambridge & Coleridge AC		28.41	6	-	x	x	38.1
E	4	Michaela Davis	52	Loughton AC		14.41	5	x	-	x	25.4
A	5	Lyndsay Yellop	40	Ryston Runners AC		14.37	4	-	x	x	20.7
F	6	Dawn Mason	61	WSAC/St Edmunds Pacers		12.81	3	x	x	-	27.1
C	7	Peta Wilson	49	Fairlands Valley Spartans		12.03	2	-	x	x	20.1
G	8	Natasha Lagden	44	Southend AC		10.98	1	-	x	x	16.9
DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %		
C	1	Tessa Stephenson	58	Fairlands Valley Spartans		17.11	8	-	x	34.0	
D	2	Diane Presswell	53	Marshall Milton Keynes AC		16.49	7	-	x	29.6	
B	3	Sally Pusey	50	Nene Valley Harriers		15.00	6	-	x	25.5	
E	4	Pam Ackland-Snow	65	Loughton AC		14.11	5	x	-	32.8	
A	5	Linda Marshall	53	Ryston Runners AC		12.32	4	-	x	22.1	
G	6	Susan Brown	54	Southend AC		11.34	3	-	x	20.8	
F	7	Angela Underdown	52	WSAC/St Edmunds Pacers		11.08	2	-	x	19.5	
H	8	Mary Holmes	82	Cambridge & Coleridge AC		9.94	1	x	-	-	
LJ3	LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
H	1	Anne Moindrot	35	Cambridge & Coleridge AC		4.32	8	-	x	x	59.7
A	2	Lyndsay Yellop	40	Ryston Runners AC		4.01	7	-	x	x	58.8
D	3	Stephanie Johnston	44	Marshall Milton Keynes AC		3.90	6	-	x	x	60.1
C	4	Tessa Stephenson	58	Fairlands Valley Spartans		3.03	5	x	-	x	57.0
E	5	Michaela Davis	52	Loughton AC		2.96	4	x	-	x	50.9
B	6	Charlotte Lornie	42	Nene Valley Harriers		2.52	3	-	x	x	37.9
G	7	Natasha Lagden	44	Southend AC		2.35	2	-	x	x	36.2
	8						1				
LJ5	LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %		
C	1	Monica Brown	53	Fairlands Valley Spartans		3.66	8	-	x	63.8	
A	2	Gaye Clarke	58	Ryston Runners AC		3.49	7	-	x	65.6	
D	3	Janice Hardcastle	59	Marshall Milton Keynes AC		3.05	6	-	x	58.2	
B	4	Judith Jacobs	54	Nene Valley Harriers		3.03	5	-	x	53.6	
G	5	Susan Brown	54	Southend AC		2.86	4	-	x	50.6	
E	6	Christine Salvary	61	Loughton AC		2.85	3	x	-	56.2	
H	7	Pamela Abbott	55	Cambridge & Coleridge AC		2.75	2	-	x	49.4	
F	8	Eloise Bird	50	WSAC/St Edmunds Pacers		2.54	1	-	x	42.4	

LJ6	LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Rec	AG %			
E	1	Emily McMahon	68	Loughton AC		3.40	8	- 75.9			
D	2	Diane Baldwin	61	Marshall Milton Keynes AC		2.91	7	- 57.4			
C	3	Yuko Gordon	67	Fairlands Valley Spartans		2.62	6	- 57.3			
A	4	Marlene Simmonds	72	Ryston Runners AC		2.59	5	- 62.4			
F	5	Dawn Mason	61	WSAC/St Edmunds Pacers		2.53	4	- 49.9			
G	6	Marion Matthews-Smith	63	Southend AC		2.20	3	- 44.9			
B	7	Brenda Church	66	Nene Valley Harriers		2.13	2	- 45.8			
H	8	Mary Holmes	82	Cambridge & Coleridge AC		1.54	1	- 48.1			
TJ3	TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %	
H	1	Anne Moindrot	35	Cambridge & Coleridge AC		9.75	8	-	x	x	67.4
A	2	Lyndsay Yellop	40	Ryston Runners AC		8.34	7	-	x	x	61.1
D	3	Stephanie Johnston	44	Marshall Milton Keynes AC		8.02	6	-	x	x	61.8
F	4	Sharon Perry	46	WSAC/St Edmunds Pacers		6.91	5	-	x	x	54.6
C	5	Christine Lathwell	42	Fairlands Valley Spartans		6.76	4	-	x	x	50.8
E	6	Barbara Higgins	63	Loughton AC		5.44	3	x	x	-	55.3
	7						2				
	8						1				
TJ5	TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %		
C	1	Monica Brown	53	Fairlands Valley Spartans		8.12	8	-	x	70.7	
D	2	Janice Hardcastle	59	Marshall Milton Keynes AC		7.65	7	-	x	72.9	
B	3	Judith Jacobs	54	Nene Valley Harriers		7.14	6	-	x	63.0	
G	4	Susan Brown	54	Southend AC		6.41	5	-	x	56.6	
H	5	Pamela Abbott	55	Cambridge & Coleridge AC		6.05	4	-	x	54.2	
E	6	Michaela Davis	52	Loughton AC		6.04	3	-	x	51.8	
A	7	Elizabeth Blakie	60	Ryston Runners AC		5.69	2	x	-	55.0	
	8						1				
TJ6	TJ	Triple Jump W60+	RDA	Team	(NN.nn)	Pts	Rec	AG %			
E	1	Christine Salvary	61	Loughton AC		6.63	8	- 65.2			
A	2	Marlene Simmonds	72	Ryston Runners AC		6.52	7	- 78.1			
F	3	Dawn Mason	61	WSAC/St Edmunds Pacers		5.26	6	- 51.7			
C	4	Iris Hornsey	76	Fairlands Valley Spartans		4.90	5	- 63.7			
D	5	Diane Baldwin	61	Marshall Milton Keynes AC		4.43	4	- 43.6			
	6						3				
	7						2				
	8						1				
HJ3	HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
A	1	Katy Tuncer	38	Ryston Runners AC		1.42	8	-	x	x	73.2
D	2	Corinne Nurse	40	Marshall Milton Keynes AC		1.39	7	-	x	x	73.2
H	3	Anne Moindrot	35	Cambridge & Coleridge AC		1.18	6	-	x	x	58.8
B	4	Claire Smith	42	Nene Valley Harriers		1.15	5	-	x	x	62.2
C	5	Tessa Stephenson	58	Fairlands Valley Spartans		1.12	4	x	-	x	74.7
E	6	Michaela Davis	52	Loughton AC		1.03	3	x	-	x	62.8
G	7	Natasha Lagden	44	Southend AC		1.00	2	-	x	x	55.2
	8						1				
HJ5	HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %		
C	1	Monica Brown	53	Fairlands Valley Spartans		1.24	8	-	x	77.0	
A	2	Gaye Clarke	58	Ryston Runners AC		1.24	7	-	x	82.7	
E	3	Emily McMahon	68	Loughton AC		1.12	6	x	-	86.8	
B	4=	Judith Jacobs	54	Nene Valley Harriers		1.09	4.5	-	x	68.6	
F	4=	Eloise Bird	50	WSAC/St Edmunds Pacers		1.09	4.5	-	x	64.9	
D	6	Janice Hardcastle	59	Marshall Milton Keynes AC		1.06	3	-	x	71.6	
G	7	Vanessa Mathers	51	Southend AC		1.00	2	-	x	60.2	
H	8	Pamela Abbott	55	Cambridge & Coleridge AC	NH				x		
R4224-35	MedR	Relay 4224 W35-49	RDA	Team	(NN:NN.n)	Pts	Rec				
A	1			Ryston Runners AC	03:37.8	8	-				
G	2			Southend AC	03:39.1	7	-				
D	3			Marshall Milton Keynes AC	03:42.1	6	-				
H	4			Cambridge & Coleridge AC	03:53.5	5	-				
B	5			Nene Valley Harriers	03:56.3	4	-				
C	6			Fairlands Valley Spartans	04:29.5	3	-				
	7					2					
	8					1					
R4224-50	MedR	Relay 4224 W50+	RDA	Team	(NN:NN.n)	Pts	Rec				
C	1			Fairlands Valley Spartans	03:55.6	8	-				
D	2			Marshall Milton Keynes AC	03:57.4	7	-				
F	3			WSAC/St Edmunds Pacers	04:11.7	6	-				
E	4			Loughton AC	04:30.7	5	-				
A	5			Ryston Runners AC	04:43.3	4	-				
	6					3					
	7					2					