

EMAC Track & Field Championships - Sat, 3rd September 2016 - Sandy

		EMAC Mem?	100 metres					Wind Speed		
Pos			Athlete	Club	Abbr. Club	Age Group	Result		CBP?	Medal Std?
1	80	EMAC	Daniel Hill	Lincoln Wellington AC	Linc W	V35M	11.70	-1.0	=CBP	G
2	70	WMAA	Navid Childs	Thames Valley Harriers	TVH	V35M	12.34		*	*
3	137	NMAC	Andrew Parker	Altrincham & District AC	Alt	V35M	12.37		*	*
4	64	EMAC	Jan Barnard	Basildon AC	Bas	V35M	12.45		-	S
Pos			Athlete	Club		Age Group	Result	-1.0	CBP?	Medal Std?
1	117	EMAC	Atholl Lawson	Corby AC	Corby	V40M	12.15		-	G
2	55	EMAC	Marek Kowalski	Thurrock Harriers AC	Thurr	V40M	13.38		-	S
3	94	EMAC	Keith Lok	Wellingborough & District AC	W'boro	V40M	13.82		-	B
Pos			Athlete	Club		Age Group	Result	-1.1	CBP?	Medal Std?
1	157	EMAC	Julian Smith	Nene Valley Harriers	Nene V	V45M	12.73		-	G
Pos			Athlete	Club		Age Group	Result	-1.1	CBP?	Medal Std?
1	123	EMAC	Erskine Peters	Basildon AC	Bas	V50M	12.95		-	G
2	109	EMAC	Paul Canning	Marshall Milton Keynes AC	Mil K	V50M	13.17		-	S
3	29	SCVAC	Glen Reddington	Windsor, Slough, Eton & Hounslow AC	WSEH	V50M	13.93		*	*
4	50	EMAC	David Stephenson	Fairlands Valley Spartans RC	FVS	V50M	14.43		-	B
Pos			Athlete	Club		Age Group	Result	-1.1	CBP?	Medal Std?
1	146	EMAC	Ricardo Huskisson	Nene Valley Harriers	Nene V	V55M	12.59		-	G
2	58	EMAC	Dougie Donald	Midland Masters AC	Mid M	V55M	12.84		-	S
3	120	EMAC	Kevin Burgess	Great Yarmouth & District AC	Gt Yar	V55M	12.94		-	B
4	71	EMAC	Wilson Paterson	Corby AC	Corby	V55M	14.04		-	Yes
5	20	VAC	Michael May	Kingston AC & Polytechnic Harriers	K&P	V55M	15.07		*	*
6	104	VAC	Andrew Stewart	Chiltern Harriers AC	Chilt	V55M	15.68		*	*
Pos			Athlete	Club		Age Group	Result	-1.1	CBP?	Medal Std?
1	116	EMAC	David Whitehead	Peterborough AC	P'boro	V60M	14.02		-	G
2	150	EMAC	Ivars Licietis	Marshall Milton Keynes AC	Mil K	V60M	14.55		-	S
3	165	EMAC	Paul Willcox	Achilles AC	Ach	V60M	15.15		-	B
Pos			Athlete	Club		Age Group	Result	-1.1	CBP?	Medal Std?
1	158	EMAC	Christopher Keech	Bedford & County AC	Bed C	V65M	14.76		-	G
2	135	EMAC	Tony Wells	Corby AC	Corby	V65M	15.25		-	S
3	83	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	18.69		*	*
Pos			Athlete	Club		Age Group	Result	-1.1	CBP?	Medal Std?
1	103	EMAC	Heidi Nicholas	Basildon AC	Bas	V35W	14.37		-	G
Pos			Athlete	Club		Age Group	Result	-1.1	CBP?	Medal Std?
1	99	EMAC	Stephanie Pain	City Of Norwich AC	Norw	V40W	14.85		-	G
2	74	EMAC	Wendy Day	Lincoln Wellington AC	Linc W	V40W	16.61		-	S
Pos			Athlete	Club		Age Group	Result	-1.2	CBP?	Medal Std?
1	168	SCVAC	Michele Wakefield	Oxford City AC	Oxf C	V50W	15.53		*	*
2	87	SCVAC	Helene Marie Kehoe	London Heathside Runners AC	Lon Hth	V50W	15.57		*	*
Pos			Athlete	Club		Age Group	Result	-1.2	CBP?	Medal Std?
1	28	EMAC	Elizabeth Welbourn	Ipswich Harriers	Ips	V55W	15.72		-	G
2	140	EMAC	Clare St John-Coleman	Chelmsford AC	Chelm	V55W	15.84		-	S
3	138	EMAC	Tessa Stephenson	Fairlands Valley Spartans RC	FVS	V55W	16.74		-	B
Pos			Athlete	Club		Age Group	Result	-1.2	CBP?	Medal Std?
1	40	EMAC	Carol Alker	Luton AC	Lut	V60W	16.88		-	G
Pos			Athlete	Club		Age Group	Result	-1.2	CBP?	Medal Std?
1	119	VAC	Brenda Fee	Barnet & District AC	Barn	V65W	16.94		*	*

		EMAC Mem?	200 metres					Wind Speed		
Pos			Athlete	Club	Abbr. Club	Age Group	Result		CBP?	Medal Std?
1	80	EMAC	Daniel Hill	Lincoln Wellington AC	Linc W	V35M	23.20	-2.2	CBP?	G
2	70	WMAA	Navid Childs	Thames Valley Harriers	TVH	V35M	25.02		*	*
3	137	NMAC	Andrew Parker	Altrincham & District AC	Alt	V35M	25.03		*	*
4	64	EMAC	Jan Barnard	Basildon AC	Bas	V35M	26.14		-	S
5	22	EMAC	Brian Hawkins	Lincoln Wellington AC	Linc W	V35M	27.41		-	B
6	132	EMAC	James Sadlier	Peterborough AC	P'boro	V35M	27.45		-	Yes
Pos			Athlete	Club		Age Group	Result	-2.3	CBP?	Medal Std?
1	157	EMAC	Julian Smith	Nene Valley Harriers	Nene V	V45M	26.35		-	G
2	18	EMAC	Peter Webster	Bedford & County AC	Bed C	V45M	28.97		-	S
Pos			Athlete	Club		Age Group	Result	-2.3	CBP?	Medal Std?
1	123	EMAC	Erskine Peters	Basildon AC	Bas	V50M	26.46		-	G
2	109	EMAC	Paul Canning	Marshall Milton Keynes AC	Mil K	V50M	27.28		-	S
Pos			Athlete	Club		Age Group	Result	-3.5	CBP?	Medal Std?
1	146	EMAC	Ricardo Huskisson	Nene Valley Harriers	Nene V	V55M	25.99		-	G
2	58	EMAC	Dougie Donald	Midland Masters AC	Mid M	V55M	27.03		-	S
3	120	EMAC	Kevin Burgess	Great Yarmouth & District AC	Gt Yar	V55M	27.63		-	B
4	71	EMAC	Wilson Paterson	Corby AC	Corby	V55M	28.66		-	Yes
5	49	EMAC	John Donaldson	Wellingborough & District AC	W'boro	V55M	30.27		-	Yes
6	20	VAC	Michael May	Kingston AC & Polytechnic Harriers	K&P	V55M	33.33		*	*
Pos			Athlete	Club		Age Group	Result	-0.6	CBP?	Medal Std?
1	116	EMAC	David Whitehead	Peterborough AC	P'boro	V60M	28.45		-	G
2	133	EMAC	Robert Woolliams	Ipswich Harriers	Ips	V60M	30.83		-	S
Pos			Athlete	Club		Age Group	Result	-0.6	CBP?	Medal Std?
1	158	EMAC	Christopher Keech	Bedford & County AC	Bed C	V65M	31.57		-	G
2	135	EMAC	Tony Wells	Corby AC	Corby	V65M	32.07		-	S
3	83	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	39.63		*	*
Pos			Athlete	Club		Age Group	Result	-2.1	CBP?	Medal Std?
1	103	EMAC	Heidi Nicholas	Basildon AC	Bas	V35W	30.06		-	G
Pos			Athlete	Club		Age Group	Result	-2.1	CBP?	Medal Std?
1	139	EMAC	Claire Smith	Nene Valley Harriers	Nene V	V40W	29.46		-	G
2	99	EMAC	Stephanie Pain	City Of Norwich AC	Norw	V40W	30.65		-	S
3	74	EMAC	Wendy Day	Lincoln Wellington AC	Linc W	V40W	34.99		-	-
Pos			Athlete	Club		Age Group	Result	-1.8	CBP?	Medal Std?
1	168	SCVAC	Michele Wakefield	Oxford City AC	Oxf C	V50W	31.97		*	*
2	145	EMAC	Stefanie Godfrey	Cambridge & Coleridge AC	C&C	V50W	34.47		-	G
Pos			Athlete	Club		Age Group	Result	-1.8	CBP?	Medal Std?
1	92	EMAC	Wendy Dunn	Peterborough AC	P'boro	V55W	32.61		-	G
Pos			Athlete	Club		Age Group	Result	-1.8	CBP?	Medal Std?
1	40	EMAC	Carol Alker	Luton AC	Lut	V60W	35.26		-	G
Pos			Athlete	Club		Age Group	Result	-1.8	CBP?	Medal Std?
1	119	VAC	Brenda Fee	Barnet & District AC	Barn	V65W	35.49		*	*
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?

		EMAC Mem?	400 metres						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	111	EMAC	Matthew Dalton	Peterborough AC	P'boro	V35M	56.71	-	G
2	113	EMAC	Andy Cohen-Wray	Bedford & County AC	Bed C	V35M	58.80	-	S
3	132	EMAC	James Sadlier	Peterborough AC	P'boro	V35M	59.36	-	B
4	22	EMAC	Brian Hawkins	Lincoln Wellington AC	Linc W	V35M	60.13	-	Yes
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	117	EMAC	Atholl Lawson	Corby AC	Corby	V40M	53.87	-	G
2	76	EMAC	Christopher Westcott	Stevenage & North Herts AC	SNH	V40M	56.36	-	S
3	161	SCVAC	Jason Steel	Hillingdon AC	Hill	V40M	59.98	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	157	EMAC	Julian Smith	Nene Valley Harriers	Nene V	V45M	60.70	-	G
2	18	EMAC	Peter Webster	Bedford & County AC	Bed C	V45M	60.92	-	S
3	62	EMAC	Bobby Riddaway	Amphill & Flitwick Flyers RC	Ampt	V45M	63.87	-	B
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	19	EMAC	Tony Roberts	Chelmsford AC	Chelm	V50M	61.28	-	G
2	110	EMAC	Steve Mayfield	Stevenage & North Herts AC	SNH	V50M	61.42	-	S
3	149	EMAC	Clifford Warren	Loughton AC	Loughton	V50M	63.44	-	B
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	85	SCVAC	Peter Ilo	Barnet & District AC	Barn	V55M	57.91	*	*
2	146	EMAC	Ricardo Huskisson	Nene Valley Harriers	Nene V	V55M	59.14	-	G
3	142	EMAC	Tennyson James	Bedford & County AC	Bed C	V55M	59.46	-	S
4	47	EMAC	Jonathan Metcalf	Thurrock Harriers AC	Thurr	V55M	61.81	-	B
5	69	EMAC	Stephen Kemp	Eastern Veterans AC	E Vets	V55M	68.67	-	Yes
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	116	EMAC	David Whitehead	Peterborough AC	P'boro	V60M	63.95	-	G
2	150	EMAC	Ivars Licietis	Marshall Milton Keynes AC	Mil K	V60M	64.34	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	156	EMAC	Corinne Nurse	Marshall Milton Keynes AC	Mil K	V35W	63.89	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	139	EMAC	Claire Smith	Nene Valley Harriers	Nene V	V40W	66.61	-	G
2	86	EMAC	Nicola Neill	West Norfolk AC	W Norf	V40W	68.51	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	28	EMAC	Elizabeth Welbourn	Ipswich Harriers	Ips	V55W	69.57	CBP	G

		EMAC Mem?	800 metres						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	37	EMAC	Joe McGrath	Basildon AC	Bas	V35M	02:14.83	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	160	EMAC	Peter Straiton	Corby AC	Corby	V40M	02:01.93	-	G
2	76	EMAC	Christopher Westcott	Stevenage & North Herts AC	SNH	V40M	02:08.33	-	S
3	75	EMAC	Andrew Stowe	Huntingdonshire AC	Hunts	V40M	02:13.92	-	B
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	36	EMAC	Matthew Bland	Havering AC	Have	V45M	02:15.85	-	G
2	62	EMAC	Bobby Riddaway	Amphill & Flitwick Flyers RC	Ampt	V45M	02:25.41	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	19	EMAC	Tony Roberts	Chelmsford AC	Chelm	V50M	02:13.65	-	G
2	34	EMAC	John McGrath	Biggleswade AC	Bigg	V50M	02:16.26	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	47	EMAC	Jonathan Metcalf	Thurrock Harriers AC	Thurr	V55M	02:18.60	-	G
2	49	EMAC	John Donaldson	Wellingborough & District AC	W'boro	V55M	02:28.79	-	S
3	3	EMAC	Geoffrey Brewster	Huntingdonshire AC	Hunts	V55M	02:31.48	-	B
4	104	VAC	Andrew Stewart	Chiltern Harriers AC	Chilt	V55M	02:37.42	*	*
5	69	EMAC	Stephen Kemp	Eastern Veterans AC	E Vets	V55M	02:49.68	-	Yes
6	151	EMAC	Robert Lands	Bedford & County AC	Bed C	V55M	02:52.16	-	Yes
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	86	EMAC	Nicola Neill	West Norfolk AC	W Norf	V40W	02:34.64	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	152	EMAC	Joanne Smith	Chelmsford AC	Chelm	V45W	02:39.85	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	122	EMAC	Christine Anthony	West Suffolk AC	W Suff	V50W	02:40.10	-	G
2	129	EMAC	Lindsay Lister	Biggleswade AC	Bigg	V50W	02:40.16	-	S
3	9	EMAC	Julia Austin	Vale Of Aylesbury AC	VoA	V50W	02:52.70	-	B
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	115	MMAC	Nancy Hitchmough	Dudley & Stourbridge Harriers	D&S	V65W	02:57.87	*	*
2	88	EMAC	Susan Barnett	Eastern Veterans AC	E Vets	V65W	03:32.10	-	G

		EMAC Mem?	1500 metres						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	36	EMAC	Matthew Bland	Havering AC	Have	V45M	04:48.02	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	124	EMAC	David Gill	Warrington AC	Warr	V55M	05:14.73	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	7	EMAC	Bernard Johnson	Thurrock Harriers AC	Thurr	V60M	05:40.62	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	25	EMAC	Michael Bumstead	Thurrock Harriers AC	Thurr	V65M	05:16.84	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	51	EMAC	Nicky Morgan	Nene Valley Harriers	Nene V	V45W	05:32.44	-	G
2	152	EMAC	Joanne Smith	Chelmsford AC	Chelm	V45W	05:33.72	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	127	EMAC	Katrina Wasteneay	West Norfolk AC	W Norf	V40W	05:42.15	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	122	EMAC	Christine Anthony	West Suffolk AC	W Suff	V50W	05:38.15	-	G
2	9	EMAC	Julia Austin	Vale Of Aylesbury AC	VoA	V50W	05:49.35	-	S
3	52	EMAC	Helen Grant	Cambridge & Coleridge AC	C&C	V50W	06:17.94	-	B
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	43	EMAC	Yuko Gordon	North Herts RRC	N Herts	V65W	06:21.08	CBP	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	97	EMAC	Anne Martin	Wyomondham AC	Wym	V80W	08:44.83	BR CBP	G

		EMAC Mem?	3000 metres						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	128	EMAC	Andrew Leach	Bedford & County AC	Bed C	V50M	09:40.72	CBP	G
2	170	EMAC	Paul Parkin	Nene Valley Harriers	Nene V	V50M	12:55.54	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	53	EMAC	Peter Thompson	Walden Tri	Walden Tri	V55M	11:02.24	-	G
2	124	EMAC	David Gill	Warrington AC	Warr	V55M	11:07.37	-	S
3	151	EMAC	Robert Lands	Bedford & County AC	Bed C	V55M	12:39.85	-	B
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	24	EMAC	Barry Osborne	Fairlands Valley Spartans RC	FVS	V65M	12:05.70	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	63	EMAC	Mike Rosbrook	Hadleigh Hares AC	Had H	V75M	15:38.81	CBP	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	145	EMAC	Stefanie Godfrey	Cambridge & Coleridge AC	C&C	V50W	12:06.75	-	G
2	52	EMAC	Helen Grant	Cambridge & Coleridge AC	C&C	V50W	12:56.74	-	S

		EMAC Mem?	2k Walk						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	41	EMAC	Adam Hills	Bedford Harriers AC	Bed H	V35M	10:37.61	CBP	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	69	EMAC	Stephen Kemp	Eastern Veterans AC	E Vets	V55M	12:39.42	-	G
2	108	EMAC	Stephen Cartwright	Colchester & Tendring AC	C&T	V55M	14:24.40	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	171	EMAC	Joyce Crawford	Eastern Veterans AC	E Vets	V45W	12:19.50	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	98	EMAC	Helen Middleton	Enfield & Haringey AC	E&H	V50W	11:33.82	CBP	G
2	100	EMAC	Pamela Abbott	Enfield & Haringey AC	E&H	V50W	13:44.79	CBP	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	67	EMAC	Sharon Crowley	Fairlands Valley Spartans RC	FVS	V55W	14:33.76	-	G

		EMAC Mem?	80 metres Hurdles					Wind Speed		
Pos			Athlete	Club	Abbr. Club	Age Group	Result	-2.1	CBP?	Medal Std?
1	131	EMAC	Gaye Clarke	Ryston Runners AC	Ryst	V55W	15.13		CBP	G

		EMAC Mem?	100 metres Hurdles					Wind Speed		
Pos			Athlete	Club	Abbr. Club	Age Group	Result	-4.4	CBP?	Medal Std?
1	109	EMAC	Paul Canning	Marshall Milton Keynes AC	Mil K	V50M	18.89		-	G

		EMAC Mem?	110 metres Hurdles					Wind Speed		
Pos			Athlete	Club	Abbr. Club	Age Group	Result		CBP?	Medal Std?
1	48	EMAC	Clint Nicholls	Basildon AC	Bas	V35M	16.62	-2.6	-	G
2	111	EMAC	Matthew Dalton	Peterborough AC	P'boro	V35M	17.56		-	S
3	113	EMAC	Andy Cohen-Wray	Bedford & County AC	Bed C	V35M	20.54		-	-
Pos			Athlete	Club		Age Group	Result	-2.6	CBP?	Medal Std?
1	55	EMAC	Marek Kowalski	Thurrock Harriers AC	Thurr	V40M	21.00		-	G

		EMAC Mem?	300 metres Hurdles							
Pos			Athlete	Club	Abbr. Club	Age Group	Result		CBP?	Medal Std?
1	165	EMAC	Paul Willcox	Achilles AC	Ach	V60M	53.42		-	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	159	EMAC	Robert Maggio	Eton Manor AC	Eton M	V70M	72.04		-	G

		EMAC Mem?	400 metres Hurdles							
Pos			Athlete	Club	Abbr. Club	Age Group	Result		CBP?	Medal Std?
1	113	EMAC	Andy Cohen-Wray	Bedford & County AC	Bed C	V35M	66.41		-	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	147	EMAC	Peter Benedickter	Bedford & County AC	Bed C	V45M	59.75		-	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	89	EMAC	David Lane	Ryston Runners AC	Ryst	V50M	84.53		-	-
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	127	EMAC	Katrina Wasteneay	West Norfolk AC	W Norf	V40W	86.53		-	G

		EMAC Mem?	High Jump							
Pos			Athlete	Club	Abbr. Club	Age Group	Result		CBP?	Medal Std?
1	48	EMAC	Clint Nicholls	Basildon AC	Bas	V35M	1.76		-	G
2	37	EMAC	Joe McGrath	Basildon AC	Bas	V35M	1.41		-	S
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	55	EMAC	Marek Kowalski	Thurrock Harriers AC	Thurr	V40M	1.47		-	G
2	155	EMAC	Stephen Bass	Bedford & County AC	Bed C	V40M	1.35		-	S
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	123	EMAC	Erskine Peters	Basildon AC	Bas	V50M	1.41		-	G
2	89	EMAC	David Lane	Ryston Runners AC	Ryst	V50M	1.30		-	S
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	46	SCVAC	Trevor Wade	Thames Valley Harriers	TVH	V60M	1.30		*	*
2	114	EMAC	Paul Oakes	Ashford AC	Ashf	V60M	1.25		-	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	103	EMAC	Heidi Nicholas	Basildon AC	Bas	V35W	1.46		-	G
2	156	EMAC	Corinne Nurse	Marshall Milton Keynes AC	Mil K	V35W	1.28		-	-
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	131	EMAC	Gaye Clarke	Ryston Runners AC	Ryst	V55W	1.28		-	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	105	EMAC	Trish Hill	Newark AC	Newk	V75W	1.09		CBP	G

		EMAC Mem?	Long Jump						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	103	EMAC	Heidi Nicholas	Basildon AC	Bas	V35W	4.75	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	99	EMAC	Stephanie Pain	City Of Norwich AC	Norw	V40W	4.52	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	100	EMAC	Pamela Abbott	Enfield & Haringey AC	E&H	V50W	2.67	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	140	EMAC	Clare St John-Coleman	Chelmsford AC	Chelm	V55W	3.94	-	G
2	131	EMAC	Gaye Clarke	Ryston Runners AC	Ryst	V55W	3.81	-	S
3	96	EMAC	Denise Timmis	Lincoln Wellington AC	Linc W	V55W	3.81	-	B
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	10	EMAC	Emily McMahon	Enfield & Haringey AC	E&H	V65W	3.61	CBP	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	97	EMAC	Anne Martin	Wymondham AC	Wym	V80W	2.22	CBP	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	45	EMAC	Lawrence Harvey	Trafford AC	Traff	V35M	6.77	CBP	G
2	48	EMAC	Clint Nicholls	Basildon AC	Bas	V35M	5.85	CBP	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	55	EMAC	Marek Kowalski	Thurrock Harriers AC	Thurr	V40M	5.06	-	G
2	155	EMAC	Stephen Bass	Bedford & County AC	Bed C	V40M	4.57	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	101	EMAC	Gary Smith	Bedford & County AC	Bed C	V45M	5.45	-	G
2	118	EMAC	Paul Harrison	Ryston Runners AC	Ryst	V45M	4.28	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	149	EMAC	Clifford Warren	Loughton AC	Loughton	V50M	4.82	-	G
2	89	EMAC	David Lane	Ryston Runners AC	Ryst	V50M	4.61	-	S
3	110	EMAC	Steve Mayfield	Stevenage & North Herts AC	SNH	V50M	4.37	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	20	VAC	Michael May	Kingston AC & Polytechnic Harriers	K&P	V55M	3.10	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	46	SCVAC	Trevor Wade	Thames Valley Harriers	TVH	V60M	4.35	*	*
2	116	EMAC	David Whitehead	Peterborough AC	P'boro	V60M	4.34	-	G
3	95	EMAC	John Spriggs	Nene Valley Harriers	Nene V	V60M	3.89	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	83	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	2.84	*	*

		EMAC Mem?	Pole Vault						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	37	EMAC	Joe McGrath	Basildon AC	Bas	V35M	3.03	-	-
2	48	EMAC	Clint Nicholls	Basildon AC	Bas	V35M	2.53	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	164	EMAC	Patrick Daly	Bedford & County AC	Bed C	V40M	3.13	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	102	EMAC	Simon Eastwood	Bedford & County AC	Bed C	V50M	3.23	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	114	EMAC	Paul Oakes	Ashford AC	Ashf	V60M	2.63	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	56	EMAC	Jemma Eastwood	Bedford & County AC	Bed C	V35W	3.03	-	G

		EMAC Mem?	Triple Jump						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	55	EMAC	Marek Kowalski	Thurrock Harriers AC	Thurr	V40M	9.81	-	-
2	155	EMAC	Stephen Bass	Bedford & County AC	Bed C	V40M	9.29	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	118	EMAC	Paul Harrison	Ryston Runners AC	Ryst	V45M	9.97	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	149	EMAC	Clifford Warren	Loughton AC	Loughton	V50M	10.21	-	G
2	89	EMAC	David Lane	Ryston Runners AC	Ryst	V50M	9.22	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	95	EMAC	John Spriggs	Nene Valley Harriers	Nene V	V60M	7.77	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	83	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	6.56	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	140	EMAC	Clare St John-Coleman	Chelmsford AC	Chelm	V55W	8.04	-	G

		EMAC Mem?	Discus Throw							
Pos			Athlete	Club	Abbr. Club	Age Group	Result		CBP?	Medal Std?
1	130	EMAC	Gavin Fordham	Bedford & County AC	Bed C	V35M	35.61		CBP	G
2	48	EMAC	Clint Nicholls	Basildon AC	Bas	V35M	28.39		-	-
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	106	EMAC	Daniel Upton	Trafford AC	Traff	V40M	32.06		-	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	38	EMAC	Stephen Whyte	Thames Valley Harriers	TVH	V50M	49.26		CBP	G
2	172	EMAC	David Burrell	Luton AC	Lut	V50M	37.11		-	S
3	102	EMAC	Simon Eastwood	Bedford & County AC	Bed C	V50M	31.19		-	B
4	82	EMAC	Robert Ellingham	Huntingdonshire AC	Hunts	V50M	30.36		-	Yes
5	110	EMAC	Steve Mayfield	Stevenage & North Herts AC	SNH	V50M	26.73		-	-
6	89	EMAC	David Lane	Ryston Runners AC	Ryst	V50M	24.88		-	-
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	66	EMAC	Michael Hausler	Cambridge & Coleridge AC	C&C	V55M	35.90		-	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	81	EMAC	Graeme Packman	Bedford & County AC	Bed C	V60M	36.00		-	G
2	1	EMAC	Timothy Needham	Nene Valley Harriers	Nene V	V60M	30.91		-	S
3	4	EMAC	Jim Burke	Bedford & County AC	Bed C	V60M	29.61		-	B
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	5	EMAC	Geoff Tyler	Chelmsford AC	Chelm	V65M	43.15		CBP	G
2	44	EMAC	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	36.01		-	S
3	68	MMAC	Bill Renshaw	Rotherham Harriers & AC	Roth	V65M	33.88		*	*
4	83	VAC	Patrick Reynolds	Veterans AC	Vets	V65M	20.15		*	*
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	31	VAC	John Gilbert	Invicta East Kent AC	Inv EK	V70M	28.07		*	*
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	79	EMAC	Peter Hallett	Eastern Veterans AC	E Vets	V75M	22.92		-	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	30	EMAC	Brian Sumner	Midland Masters AC	Mid M	V80M	21.42		CBP	G
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	33	VAC	John Kirkham	Veterans AC	Vets	V85M	13.91		*	*
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	112	EMAC	Emma Beales	Marshall Milton Keynes AC	Mil K	V40W	44.20		CBP	G
2	17	SCVAC	Jacqueline Cherry	Oxford City AC	Oxf C	V40W	28.99		*	*
3	167	VAC	Tracey Gould	Ealing, Southall & Middlesex AC	ESM	V40W	22.18		*	*
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	78	EMAC	Carey Hollick	Colchester & Tendring AC	C&T	V45W	16.44		-	-
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	60	SCVAC	Julie Wilson	Reading AC	Read	V50W	31.73		*	*
2	163	EMAC	Kay Gibson	Peterborough AC	P'boro	V50W	15.55		-	-
Pos			Athlete	Club		Age Group	Result		CBP?	Medal Std?
1	91	EMAC	Judith Jagger	Grantham AC	Gran	V55W	26.79		-	G
2	13	EMAC	Wendy Dunsford	Epsom & Ewell Harriers	E&E	V55W	24.02		-	S
3	90	EMAC	Brenda Russell	Vale Of Aylesbury AC	VoA	V55W	17.41		-	B

		EMAC Mem?	Hammer Throw						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	106	EMAC	Daniel Upton	Trafford AC	Traff	V40M	27.42	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	172	EMAC	David Burrell	Luton AC	Lut	V50M	44.41	-	G
2	82	EMAC	Robert Ellingham	Huntingdonshire AC	Hunts	V50M	42.64	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	16	NMAC	Ian Cooley	Rotherham Harriers & AC	Roth	V55M	34.36	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	2	EMAC	Malcolm Fenton	Grantham AC	Gran	V60M	41.28	-	G
2	4	EMAC	Jim Burke	Bedford & County AC	Bed C	V60M	28.41	-	S
3	81	EMAC	Graeme Packman	Bedford & County AC	Bed C	V60M	23.98	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	44	EMAC	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	34.28	-	G
2	68	MMAC	Bill Renshaw	Rotherham Harriers & AC	Roth	V65M	24.98	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	31	VAC	John Gilbert	Invicta East Kent AC	Inv EK	V70M	29.86	*	*
2	166	SCVAC	Christopher Melliush	Cambridge Harriers	Camb H	V70M	29.81	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	30	EMAC	Brian Sumner	Midland Masters AC	Mid M	V80M	28.49	CBP	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	33	VAC	John Kirkham	Veterans AC	Vets	V85M	19.53	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	167	VAC	Tracey Gould	Ealing, Southall & Middlesex AC	ESM	V40W	35.09	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	60	SCVAC	Julie Wilson	Reading AC	Read	V50W	35.40	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	13	EMAC	Wendy Dunsford	Epsom & Ewell Harriers	E&E	V55W	29.17	-	G
2	131	EMAC	Gaye Clarke	Ryston Runners AC	Ryst	V55W	27.71	-	S
3	90	EMAC	Brenda Russell	Vale Of Aylesbury AC	VoA	V55W	26.07	-	B
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	105	EMAC	Trish Hill	Newark AC	Newk	V75W	29.94	CBP	G

		EMAC Mem?	Javelin Throw						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	130	EMAC	Gavin Fordham	Bedford & County AC	Bed C	V35M	33.34	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	172	EMAC	David Burrell	Luton AC	Lut	V50M	36.09	-	G
2	102	EMAC	Simon Eastwood	Bedford & County AC	Bed C	V50M	34.82	-	S
3	110	EMAC	Steve Mayfield	Stevenage & North Herts AC	SNH	V50M	24.56	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	66	EMAC	Michael Hausler	Cambridge & Coleridge AC	C&C	V55M	31.31	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	4	EMAC	Jim Burke	Bedford & County AC	Bed C	V60M	16.78	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	44	EMAC	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	26.87	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	31	VAC	John Gilbert	Invicta East Kent AC	Inv EK	V70M	21.93	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	33	VAC	John Kirkham	Veterans AC	Vets	V85M	9.45	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	99	EMAC	Stephanie Pain	City Of Norwich AC	Norw	V40W	21.34	-	-
2	86	EMAC	Nicola Neill	West Norfolk AC	W Norf	V40W	16.89	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	78	EMAC	Carey Hollick	Colchester & Tendring AC	C&T	V45W	13.00	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	91	EMAC	Judith Jagger	Grantham AC	Gran	V55W	23.13	-	G
2	126	EMAC	Sandra Ingham	Biggleswade AC	Bigg	V55W	20.76	-	S
3	131	EMAC	Gaye Clarke	Ryston Runners AC	Ryst	V55W	16.82	-	-
4	153	EMAC	Penny Butcher	Huntingdonshire AC	Hunts	V55W	16.42	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	173	SCVAC	Margaret Coombe	Oxford City AC	Oxf C	V70W	13.70	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	97	EMAC	Anne Martin	Wyomondham AC	Wym	V80W	10.61	CBP	G

		EMAC Mem?	Shot Putt						
Pos			Athlete	Club	Abbr. Club	Age Group	Result	CBP?	Medal Std?
1	130	EMAC	Gavin Fordham	Bedford & County AC	Bed C	V35M	10.05	-	G
2	143	EMAC	Daniel Yellop	Ryston Runners AC	Ryst	V35M	10.00	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	106	EMAC	Daniel Upton	Trafford AC	Traff	V40M	11.06	-	G
2	155	EMAC	Stephen Bass	Bedford & County AC	Bed C	V40M	7.50	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	66	EMAC	Michael Hausler	Cambridge & Coleridge AC	C&C	V55M	11.51	-	G
2	141	EMAC	Peter Knott	Corby AC	Corby	V55M	11.05	-	S
3	16	NMAC	Ian Cooley	Rotherham Harriers & AC	Roth	V55M	7.19	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	81	EMAC	Graeme Packman	Bedford & County AC	Bed C	V60M	10.01	-	G
2	4	EMAC	Jim Burke	Bedford & County AC	Bed C	V60M	8.96	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	5	EMAC	Geoff Tyler	Chelmsford AC	Chelm	V65M	11.85	CBP	G
2	44	EMAC	Bunt Scott	Marshall Milton Keynes AC	Mil K	V65M	9.81	-	S
3	68	MMAC	Bill Renshaw	Rotherham Harriers & AC	Roth	V65M	9.30	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	172	EMAC	David Burrell	Luton AC	Lut	V50M	11.60	-	G
2	50	EMAC	David Stephenson	Fairlands Valley Spartans RC	FVS	V50M	8.34	-	S
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	31	VAC	John Gilbert	Invicta East Kent AC	Inv EK	V70M	8.91	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	79	EMAC	Peter Hallett	Eastern Veterans AC	E Vets	V75M	7.26	-	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	30	EMAC	Brian Sumner	Midland Masters AC	Mid M	V80M	8.57	CBP	G
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	33	VAC	John Kirkham	Veterans AC	Vets	V85M	6.32	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	112	EMAC	Emma Beales	Marshall Milton Keynes AC	Mil K	V40W	9.78	-	G
2	99	EMAC	Stephanie Pain	City Of Norwich AC	Norw	V40W	7.40	-	-
3	167	VAC	Tracey Gould	Ealing, Southall & Middlesex AC	ESM	V40W	7.18	*	*
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	78	EMAC	Carey Hollick	Colchester & Tendring AC	C&T	V45W	5.92	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	60	SCVAC	Julie Wilson	Reading AC	Read	V50W	9.98	*	*
2	163	EMAC	Kay Gibson	Peterborough AC	P'boro	V50W	6.05	-	-
3	100	EMAC	Pamela Abbott	Enfield & Haringey AC	E&H	V50W	5.60	-	-
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	91	EMAC	Judith Jagger	Grantham AC	Gran	V55W	8.65	-	G
2	13	EMAC	Wendy Dunsford	Epsom & Ewell Harriers	E&E	V55W	8.32	-	S
3	138	EMAC	Tessa Stephenson	Fairlands Valley Spartans RC	FVS	V55W	8.03	-	B
4	131	EMAC	Gaye Clarke	Ryston Runners AC	Ryst	V55W	7.24	-	Yes
5	126	EMAC	Sandra Ingham	Biggleswade AC	Bigg	V55W	6.96	-	Yes
6	153	EMAC	Penny Butcher	Huntingdonshire AC	Hunts	V55W	6.04	-	Yes
Pos			Athlete	Club		Age Group	Result	CBP?	Medal Std?
1	97	EMAC	Anne Martin (2.72Kg)	Wyomondham AC	Wym	V80W	5.80	CBP	G