

Midland Veterans TMidland Vets Cup Final 2015 MatchCv2L Athletics Cup Final Worcester 2015 match C

Men Results INPUT SHEET

200m Hdls M40					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c34	Kirtley Robbins	MMAC	31,82	8
2					
3					
4					
5					
6					
7					
8					
800m M40					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					
800m M50					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c35	Christopher Gunstone	MMAC	2:33,95	8
2					
3					
4					
5					
6					
7					
8					
100m M35					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c43	Richard Henry	RSC	12,58	8
2					
3					
4					
5					
6					
7					
8					

Women Results INPUT SHEET

200m Hdls W35					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c23	Sue Frisby	Leicester	30,84	8
2	c43	Sharon Ralph	RSC	33,20	7
3					
4					
5					
6					
7					
8					
800m W35					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c23	Jody Ward	Leicester	3:01,74	8
2					
3					
4					
5					
6					
7					
8					
800m W60					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c16	Nancy Hitchmough	DASH	2:43,21	8
2	c36	ANN GRAY	MMAC	3:33,19	7
3					
4					
5					
6					
7					
8					
100m W35					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c23	Jody Ward	Leicester	14,70	8
2					
3					
4					
5					
6					
7					
8					

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100m M50					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c25	Chris Monk	Leicester	13,26	8
2	c35	Kirtley Robbins	MMAC	13,96	7
3					
4					
5					
6					
7					
8					

100m M60					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c36	MANOHAR SINGH	MMAC	14,15	8
2					
3					
4					
5					
6					
7					
8					

100m M70					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c47	John Topliss	RSC	15,78	8
2	c37	Louis Satterthwaite	MMAC	16,84	7
3					
4					
5					
6					
7					
8					

3000m M35					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c33	Paul Shackleton	MMAC	10:41,35	8
2					
3					
4					
5					
6					
7					
8					

100m W50					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c25	Sue Frisby	Leicester	14,18	8
2					
3					
4					
5					
6					
7					
8					

100m W60					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

100m W70					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c37	ANN GRAY	MMAC	20,63	8
2					
3					
4					
5					
6					
7					
8					

3000m W35					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

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3000m M60					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					
Relay 4 X 100m M:					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					
400m M35					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c23	Marcus Mills	Leicester	56,88	8
2	c43	Rob Andrew	RSC	57,90	7
3	c33	Christopher Gunstone	MMAC	67,38	6
4					
5					
6					
7					
8					
400m M60					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c36	Louis Satterthwaite	MMAC	81,80	8
2					
3					
4					
5					
6					
7					
8					

3000m W50					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					
Relay 4 X 100m W:					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					
400m W40					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					
400m W50					
Format> 25.1 OR 25.12 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c25	Sue Frisby	Leicester	72,56	8
2					
3					
4					
5					
6					
7					
8					

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1500m M40		Format > 3:17.0 OR 3:17.00 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1	c34	Christopher Gunstone	MMAC	5:27,41	8
2					
3					
4					
5					
6					
7					
8					

1500m M50		Format > 3:17.0 OR 3:17.00 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1	c35	Paul Shackleton	MMAC	5:07,24	8
2					
3					
4					
5					
6					
7					
8					

200m M40		Format> 25.1 OR 25.12 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1	c44	Richard Henry	RSC	25,84	8
2	c24	Marcus Mills	Leicester	25,93	7
3					
4					
5					
6					
7					
8					

200m M50		Format> 25.1 OR 25.12 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1	c45	Rob Andrew	RSC	27,20	8
2	c25	Chris Monk	Leicester	27,67	7
3	c35	Kirtley Robbins	MMAC	29,99	6
4					
5					
6					
7					
8					

200m M60		Format> 25.1 OR 25.12 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1	c36	Louis Satterthwaite	MMAC	35,03	8
2					
3					
4					
5					
6					
7					
8					

1500m W40		Format > 3:17.0 OR 3:17.00 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

1500m W60		Format > 3:17.0 OR 3:17.00 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1	c36	ANN GRAY	MMAC	7:13,52	8
2					
3					
4					
5					
6					
7					
8					

200m W40		Format> 25.1 OR 25.12 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1	c24	Sue Frisby	Leicester	29,44	8
2					
3					
4					
5					
6					
7					
8					

200m W60		Format> 25.1 OR 25.12 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

2K walk W35		Format > 3:17.0 OR 3:17.00 IF ELECTRONIC			
Position	Number	Name	Club	Performance	Points
1	c23	Jody Ward	Leicester	16:34,23	8
2					
3					
4					
5					
6					
7					
8					

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2k Walk M35					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

2k Walk M50					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1	c25	Chris Monk	Leicester	14:00,47	8
2					
3					
4					
5					
6					
7					
8					

Relay 4 X 400m M:					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Hammer M35					
Position	Number	Name	Club	Performance	Points
1	c13	Richard Woodhall	DASH	41.96	8
2	c33	ANTONY PORTER	MMAC	14.51	7
3					
4					
5					
6					
7					
8					

Pole Vault M40					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

2K walk W50					
Format > 3:17.0 OR 3:17.00 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Relay 4 X 400m W:					
3:17.0 OR 4:12,34 IF ELECTRONIC					
Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Long J W35					
Position	Number	Name	Club	Performance	Points
1	c23	Jody Ward	Leicester	4.10	8
2					
3					
4					
5					
6					
7					
8					

Hammer W40					
Position	Number	Name	Club	Performance	Points
1	c44	Lorna Foster	RSC	17.02	8
2					
3					
4					
5					
6					
7					
8					

Hammer W50					
Position	Number	Name	Club	Performance	Points
1	c35	RUTH BIRD	MMAC	36.67	8
2	c45	Fiona Smith	RSC	23.53	7
3	c25	Sue Frisby	Leicester	19.74	6
4					
5					
6					
7					
8					

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Pole Vault M50

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Hammer M50

Position	Number	Name	Club	Performance	Points
1	c35	DAVID RUSSELL	MMAC	20.58	8
2					
3					
4					
5					
6					
7					
8					

High J M35

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Long J M50

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Shot Putt M40

Position	Number	Name	Club	Performance	Points
1	c34	ANTONY PORTER	MMAC	4.94	8
2					
3					
4					
5					
6					
7					
8					

High J W40

Position	Number	Name	Club	Performance	Points
1	c24	Sue Frisby	Leicester	1.20	8
2					
3					
4					
5					
6					
7					
8					

Javelin W35

Position	Number	Name	Club	Performance	Points
1	c33	KAREN ADDIS	MMAC	25.97	8
2	c43	Lorna Foster	RSC	17.24	7
3	c23	Jody Ward	Leicester	11.11	6
4					
5					
6					
7					
8					

Long J W50

Position	Number	Name	Club	Performance	Points
1	c25	Sue Frisby	Leicester	3.98	8
2	c35	RUTH BIRD	MMAC	3.03	7
3	c45	Fiona Smith	RSC	2.80	6
4					
5					
6					
7					
8					

High J W60

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Shot Putt W35

Position	Number	Name	Club	Performance	Points
1	c43	Lorna Foster	RSC	8.39	8
2	c33	RUTH BIRD	MMAC	8.28	7
3	c23	Jody Ward	Leicester	5.72	6
4					
5					
6					
7					
8					

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Shot Putt M60

Position	Number	Name	Club	Performance	Points
1	c36	DAVID RUSSELL	MMAC	9.75	8
2	c46	Graham Felton	RSC	9.44	7
3					
4					
5					
6					
7					
8					

Discus M40

Position	Number	Name	Club	Performance	Points
1	c34	ANTONY PORTER	MMAC	12.33	8
2					
3					
4					
5					
6					
7					
8					

Triple J M35

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

High J M60

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Javelin M35

Position	Number	Name	Club	Performance	Points
1	c13	Richard Woodhall	DASH	55.04	8
2	c33	DAVID RUSSELL	MMAC	22.32	7
3					
4					
5					
6					
7					
8					

Shot Putt W60

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Discus W60

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Triple J W40

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Triple J W50

Position	Number	Name	Club	Performance	Points
1	c25	Sue Frisby	Leicester	8.00	8
2					
3					
4					
5					
6					
7					
8					

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Triple J M60

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Long J M40

Position	Number	Name	Club	Performance	Points
1					
2					
3					
4					
5					
6					
7					
8					

Javelin M50

Position	Number	Name	Club	Performance	Points
1	c45	David Price	RSC	26.70	8
2					
3					
4					
5					
6					
7					
8					

	Club:-	DASH		Leicester		MMAC		RSC		Tamworth		Spare 2		Spare 3		Spare 4	
EVENT	Number	C1#	Pts	C2#	Pts	C3#	Pts	C4#	Pts	C5#	Pts	C6#	Pts	C7#	Pts	C8#	Pts
200m Hdls M40	Name					Kirtley Robbins	8										
	Perf.					31,82											
800m M40	Name																
	Perf.																
800m M50	Name					Christopher Gunstone	8										
	Perf.					2:33,95											
100m M35	Name							Richard Henry	8								
	Perf.							12,58									
100m M50	Name			Chris Monk	8	Kirtley Robbins	7										
	Perf.			13,26		13,96											
100m M60	Name					MANOHAR SINGH	8										
	Perf.					14,15											
100m M70	Name					Louis Satterthwaite	7	John Topliss	8								
	Perf.					16,84		15,78									
3000m M35	Name	Ian Furness				Paul Shackleton	8										
	Perf.					10:41,35											
3000m M60	Name																
	Perf.																
Relay 4 X 100m M35	Leg 1																
	Leg 2																
	Leg 3																
	Leg 4																
	Perf.																
400m M35	Name			Marcus Mills	8	Christopher Gunstone	6	Rob Andrew	7								
	Perf.			56,88		67,38		57,90									
400m M60	Name					Louis Satterthwaite	8										
	Perf.					81,80											
1500m M40	Name					Christopher Gunstone	8										
	Perf.					5:27,41											
1500m M50	Name					Paul Shackleton	8										
	Perf.					5:07,24											
200m M40	Name			Marcus Mills	7			Richard Henry	8								
	Perf.			25,93				25,84									
200m M50	Name			Chris Monk	7	Kirtley Robbins	6	Rob Andrew	8								
	Perf.			27,67		29,99		27,20									
200m M60	Name					Louis Satterthwaite	8	John Topliss									
	Perf.					35,03											
2k Walk M35	Name																
	Perf.																
2k Walk M50	Name			Chris Monk	8					Mark Williams							
	Perf.			14:00,47													
Relay 4 X 400m M35	Leg 1																
	Leg 2																
	Leg 3																
	Leg 4																
	Perf.																
Track Totals					38		90		39								

EVENT	Club:- Number	DASH C1#	Pts	Leicester C2#	Pts	MMAC C3#	Pts	RSC C4#	Pts	Tamworth C5#	Pts	Spare 2 C6#	Pts	Spare 3 C7#	Pts	Spare 4 C8#	Pts
Hammer M35	Name	Richard Woodhall	8			ANTONY PORTER	7										
	Perf.	41.96				14.51											
Pole Vault M40	Name																
	Perf.																
Pole Vault M50	Name																
	Perf.																
Hammer M50	Name					DAVID RUSSELL	8										
	Perf.					20.58											
High J M35	Name																
	Perf.																
Long J M50	Name																
	Perf.																
Shot Putt M40	Name					ANTONY PORTER	8										
	Perf.					4.94											
Shot Putt M60	Name					DAVID RUSSELL	8	Graham Felton	7								
	Perf.					9.75		9.44									
Discus M40	Name					ANTONY PORTER	8										
	Perf.					12.33											
Triple J M35	Name																
	Perf.																
High J M60	Name																
	Perf.																
Javelin M35	Name	Richard Woodhall	8			DAVID RUSSELL	7										
	Perf.	55.04				22.32											
Triple J M60	Name																
	Perf.																
Long J M40	Name																
	Perf.																
Javelin M50	Name							David Price	8								
	Perf.							26.70									
Discus M60	Name	Eric Horwill	6			DAVID RUSSELL	8	Graham Felton	7								
	Perf.	11.42				28.13		25.09									
Field Totals			22				54		22								
Track Totals					38		90		39								
Final TOTALS			22		38		144		61								
Positions (Team)			4		3		1		2								

Note;- All events + Relays Score ; 8,7,6,5,4,3,2,1

TRACK EVENTS	Club:- Number	DASH C1# Pts		Leicester C2# Pts		MMAC C3# Pts		RSC C4# Pts		Spare 1 C5# Pts		Spare 2 C6# Pts		Spare 3 C7# Pts		Spare 4 C8# Pts	
200m Hdls W35	Name			Sue Frisby	8			Sharon Ralph	7								
	Perf.			30,84				33,20									
800m W35	Name			Jody Ward	8												
	Perf.			3:01,74													
800m W60	Name	Nancy Hitchmough	8			ANN GRAY	7										
	Perf.	2:43,21				3:33,19											
100m W35	Name			Jody Ward	8												
	Perf.			14,70													
100m W50	Name			Sue Frisby	8												
	Perf.			14,18													
100m W60	Name																
	Perf.																
100m W70	Name					ANN GRAY											
	Perf.																
3000m W35	Name																
	Perf.																
3000m W50	Name																
	Perf.																
Relay 4 X 100m W35	Leg 1																
	Leg 2																
	Leg 3																
	Leg 4																
	Perf.																
400m W40	Name					RUTH BIRD											
	Perf.																
400m W50	Name			Sue Frisby	8												
	Perf.			72,56													
1500m W40	Name																
	Perf.																
1500m W60	Name	Nancy Hitchmough				ANN GRAY	8										
	Perf.					7:13,52											
200m W40	Name			Sue Frisby	8												
	Perf.			29,44													
200m W60	Name																
	Perf.																
2K walk W35	Name			Jody Ward	8												
	Perf.			16:34,23													
2K walk W50	Name					JILL LANGFORD											
	Perf.																
Relay 4 X 400m W35	Leg 1																
	Leg 2																
	Leg 3																
	Leg 4																
	Perf.																
Track Totals			8		56		15		7								

FIELD EVENTS	Club:- Number	DASH		Leicester		MMAC		RSC		Spare 1		Spare 2		Spare 3		Spare 4	
		C1#	Pts	C2#	Pts	C3#	Pts	C4#	Pts	C5#	Pts	C6#	Pts	C7#	Pts	C8#	Pts
Long J W35	Name			Jody Ward	8												
	Perf.			4.10													
Hammer W40	Name							Lorna Foster	8								
	Perf.							17.02									
Hammer W50	Name			Sue Frisby	6	RUTH BIRD	8	Fiona Smith	7								
	Perf.			19.74		36.67		23.53									
High J W40	Name			Sue Frisby	8												
	Perf.			1.20													
Javelin W35	Name			Jody Ward	6	KAREN ADDIS	8	Lorna Foster	7								
	Perf.			11.11		25.97		17.24									
Long J W50	Name			Sue Frisby	8	RUTH BIRD	7	Fiona Smith	6								
	Perf.			3.98		3.03		2.80									
High J W60	Name																
	Perf.																
Shot Putt W35	Name			Jody Ward	6	RUTH BIRD	7	Lorna Foster	8								
	Perf.			5.72		8.28		8.39									
Shot Putt W60	Name																
	Perf.																
Discus W60	Name																
	Perf.																
Triple J W40	Name																
	Perf.																
Triple J W50	Name			Sue Frisby	8	RUTH BIRD											
	Perf.			8.00													
Field Totals					50		30		36								
Track Totals			8		56		15		7								
Final TOTALS			8		106		45		43								
Positions (Team)			4		1		2		3								

Note;- All events + Relays Score 8,7,6,5,4,3,2,1

Midland Vets League Final 2015
Overall Positions

Match "C"	Men		Women		C Final	
Team	Score	Position	Score	Position	Combined score	Position
MMAC	144	1	45	2	189	1
Leicester	38	3	106	1	144	2
RSC	61	2	43	3	104	3
DASH	22	4	8	4	30	4

Men (only)	Score	Position
MMAC	144	1
RSC	61	2
Leicester	38	3
DASH	22	4

Women (only)	Score	Position
Leicester	106	1
MMAC	45	2
RSC	43	3
DASH	8	4

	A	C	E	G	I	K	M	O	Q
1	Club:-	DASH	Leicester	MMAC	RSC	Tamworth	Spare 2	Spare 3	Spare 4
2	Events	C1#	C2#	C3#	C4#	C5#	C6#	C7#	C8#
3									
4	200m Hds M40			Kirtley Robbins					
5	800m M40								
6	800m M50			Christopher Gunstone					
7	100m M35				Richard Henry				
8	100m M50		Chris Monk	Kirtley Robbins					
9	100m M60			MANOHAR SINGH					
10	100m M70			Louis Satterthwaite	John Topliss				
11	3000m M35	Ian Furness		Paul Shackleton					
12	3000m M60								
13	TEAM	DASH	Leicester	MMAC	RSC	Tamworth	Spare 2	Spare 3	Spare 4
14									
15	Relay 4 X 100m								
16	M35								
17									
18	400m M35		Marcus Mills	Christopher Gunstone	Rob Andrew				
19	400m M60			Louis Satterthwaite					
20	1500m M40			Christopher Gunstone					
21	1500m M50			Paul Shackleton					
22	200m M40		Marcus Mills		Richard Henry				
23	200m M50		Chris Monk	Kirtley Robbins	Rob Andrew				
24	200m M60			Louis Satterthwaite	John Topliss				
25	2k Walk M35								
26	2k Walk M50		Chris Monk			Mark Williams			
27	TEAM	DASH	Leicester	MMAC	RSC	Tamworth	Spare 2	Spare 3	Spare 4
28									
29	Relay 4 X 400m								
30	M35								
31									
32		DASH	Leicester	MMAC	RSC	Tamworth	Spare 2	Spare 3	Spare 4
33	Hammer M35	Richard Woodhall		ANTONY PORTER					
34	Pole Vault M40								
35	Pole Vault M50								
36	Hammer M50			DAVID RUSSELL					
37	High J M35								
38	Long J M50								
39	Shot Putt M40			ANTONY PORTER					
40	Shot Putt M60			DAVID RUSSELL	Graham Felton				
41	Discus M40			ANTONY PORTER					
42	Triple J M35								
43	High J M60								
44	Javelin M35	Richard Woodhall		DAVID RUSSELL					
45	Triple J M60								
46	Long J M40								
47	Javelin M50				David Price				
48	Discus M60	Eric Horwill		DAVID RUSSELL	Graham Felton				

	A	C	E	G	I	K	M	O	Q
1	Club:-	DASH	Leicester	MMAC	RSC	Spare 1	Spare 2	Spare 3	Spare 4
2	Events	C1#	C2#	C3#	C4#	C5#	C6#	C7#	C8#
3									
4	200m Hdl W35		Sue Frisby		Sharon Ralph				
5	800m W35		Jody Ward						
6	800m W60	Nancy Hitchmough		ANN GRAY					
7	100m W35		Jody Ward						
8	100m W50		Sue Frisby						
9	100m W60								
10	100m W70			ANN GRAY					
11	3000m W35								
12	3000m W50								
13	TEAM	DASH	Leicester	MMAC	RSC	Spare 1	Spare 2	Spare 3	Spare 4
14									
15	Relay 4 X 100m								
16	W35								
17									
18	400m W40			RUTH BIRD					
19	400m W50		Sue Frisby						
20	1500m W40								
21	1500m W60	Nancy Hitchmough		ANN GRAY					
22	200m W40		Sue Frisby						
23	200m W60								
24	2K walk W35		Jody Ward						
25	2K walk W50			JILL LANGFORD					
26	TEAM	DASH	Leicester	MMAC	RSC	Spare 1	Spare 2	Spare 3	Spare 4
27									
28	Relay 4 X 400m								
29	W35								
30									
31		DASH	Leicester	MMAC	RSC	Spare 1	Spare 2	Spare 3	Spare 4
32	Long J W35		Jody Ward						
33	Hammer W40				Lorna Foster				
34	Hammer W50		Sue Frisby	RUTH BIRD	Fiona Smith				
35	High J W40		Sue Frisby						
36	Javelin W35		Jody Ward	KAREN ADDIS	Lorna Foster				
37	Long J W50		Sue Frisby	RUTH BIRD	Fiona Smith				
38	High J W60								
39	Shot Put W35		Jody Ward	RUTH BIRD	Lorna Foster				
40	Shot Put W60								
41	Discus W60								
42	Triple J W40								
43	Triple J W50		Sue Frisby	RUTH BIRD					

The **NEW** input s
Women). On the r
giving interim sco
transfer to the **F**

Before Competition day	1
	2
	3
	4
	5
Before first results	6
	7
To enter results	8
	9
	10
	11
	12
	13

To Complete the results

14

15

16

17

18

19

20

21

22

heet has declaration sheets which automatically add the names and events to the results sheets the scores will add up automatically and be shown at the bottom of the sheet. Check the eventual scores and fill in the positions at the bottom of the results sheet. The final positions sheet which will then also auto add.

Notes on using Vets League Score Sheet

Look through the tabs at the bottom of the Page and see what the sheets say before changing anything.

Make a backup copy just in case!!

Good idea to try your printers now, see all sheets print OK (landscape)

adjust page area if needed

Go to the Grey Men dec / women dec tabs

Add competitor names [on this sheet only **not the results sheet**] **not the events!!!** (Do not drag names across sheet!!!!!!)

Check ALL the Headers and Footers are correct. [see View]

Resave with you're the file Name [eg Midland Vets C Cup Final 2015]

Try and Have a reader to help you enter the results on the day

In The GRAY tab **declaration sheets** Put in the **team and Numbers if needed**; THEN under each team fill in names. Put in the **Initial + surnames** in the correct columns from the declaration sheets (Short names can go in completely but long names will cause problems printing).

Check the names have automatically appeared on the appropriate score sheet; If correct **SAVE**

Repeat steps 6+7 for Men dec/women dec.

New system

Go to coloured **results input tab (see bottom of page)**

Fill in **competitors No** next to their position

Use TAB > **enter performance**.

NB Name , club and points are auto inserted.

If ties insert points manually

Check Men / Women that results appear in correct column

IF 0 appears as the name in the results input after inserting number check declaration. A name must be present for the scoring to work, Check with team managers if not sure.

You may temporally assign letters x/y/z etc **but do not repeat letters in the same event**

New system

When all events are entered check no spaces are left

If all is correct Save!!

Determine positions of clubs and League points from scores and **add to bottom lines of results sheets** Save again.

Print a copy IF OK run rest off

Transfer results to **Final positions** sheet **This should work automatically**
(print out is helpful here)

If clever with excel sort on column O then N (Need to
highlight women's and men's results separately.)

Check positions are correct and **SAVE**

Print a copy IF OK run rest off

Well done get out the whisky!!!!

ANY Problems on the day Shout for (or at!) DAVE Cowley

GOOD LUCK!!

**After match send copies of all sheets and declarations to
Area Secretaries. And initial results to team managers**

NB if events different change on declaration sheet not score sheet

Times are formatted on result sheet so check format and change if even
Failure to do so will cause a mismatch and wrong results

The book is protected to try and avoid information being put in the
wrong place there is no password so you may unlock and change
things if you Know what you are doing

On the declaration sheet DO NOT DRAG names, mucks up whole program!!!!

Results sheet(Men /
page, useful for
these should

Results sheet.
Applied

Enter all the results saving from time to time -c
Give out scores from results sheet from time
Give out scores from results sheet from time
Now go to point 14

ts have been moved

!

heck results appear correctly.

z to time

z to time

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : HEIGHT CARD

MEETING		Midland Veteran's Track and Field League		VENUE	Nunnary Wood, Worcester								DATE	Sunday, August 30 2015											
EVENT		M40 Pole Vault / M50 Pole Vault		TIME	10:30			Event Record		0 / 0		Overall Record		3.80m		C Cup Final									
Order	No	NAME	CLUB	Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Best of All	Tries	at	Total	Failures	Total	Tries	Final Position	Ties	
1	C44		RSC																						
2	C14		DASH																						
3	C34		MMAC																						
4	C24		Leicester																						
5																									
6																									
7																									
8																									
9	C15		DASH																						
10	C35		MMAC																						
11	C25		Leicester																						
12	C45		RSC																						
13																									
14																									
15																									
16																									

Result M40 Pole Vault					Result M50 Pole Vault					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	HEIGHT			
1	-	-	-		1	-	-	-			
2	-	-	-		2	-	-	-			
3	-	-	-		3	-	-	-			
4	-	-	-		4	-	-	-			
5	-	-	-		5	-	-	-			
6	-	-	-		6	-	-	-			
7	-	-	-		7	-	-	-			
8	-	-	-		8	-	-	-			

REFeree's SIGNATURE	

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : HEIGHT CARD

MEETING		Midland Veteran's Track and Field League		VENUE	Nunnary Wood, Worcester								DATE	Sunday, August 30 2015											
EVENT		M35 High Jump		TIME	10:45		Event Record		Overall Record		1.80m		C Cup Final												
Order	No	NAME	CLUB	Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Best of All	Trials	at	Total	Failures	Total	Trials	Final Position	Ties	
1	C23		Leicester																						
2	C43		RSC																						
3	C13		DASH																						
4	C33		MMAC																						
5																									
6																									
7																									
8																									
9																									
10																									
11																									
12																									
13																									
14																									
15																									
16																									

Result M35 High Jump									JUDGES' SIGNATURES			
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	HEIGHT				
1	-	-	-		1	-	-	-				
2	-	-	-		2	-	-	-				
3	-	-	-		3	-	-	-				
4	-	-	-		4	-	-	-				
5	-	-	-		5	-	-	-				
6	-	-	-		6	-	-	-				
7	-	-	-		7	-	-	-				
8	-	-	-		8	-	-	-				

REFeree's SIGNATURE			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : HEIGHT CARD

MEETING		Midland Veteran's Track and Field League		VENUE	Nunnary Wood, Worcester								DATE		Sunday, August 30 2015									
EVENT		W40 High Jump		TIME	11:50		Event Record		Overall Record		1.60m		C Cup Final											
Order	No	NAME	CLUB	Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Best of All	Tries at	Total	Failures	Total	Tries	Final Position	Ties	
1	C24	Sue Frisby	Leicester		1.20											1.20					1.0	1.0	1	
2	C44		RSC																					
3	C14		DASH																					
4	C34		MMAC																					
5																								
6																								
7																								
8																								
9																								
10																								
11																								
12																								
13																								
14																								
15																								
16																								

Result W40 High Jump										JUDGES' SIGNATURES				
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	HEIGHT						
1	C24	Sue Frisby	Leicester	1.20	1		-	-						
2		-	-		2		-	-						
3		-	-		3		-	-						
4		-	-		4		-	-						
5		-	-		5		-	-	REFeree's SIGNATURE					
6		-	-		6		-	-						
7		-	-		7		-	-						
8		-	-		8		-	-						

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : HEIGHT CARD

MEETING		Midland Veteran's Track and Field League		VENUE	Nunnary Wood, Worcester								DATE	Sunday, August 30 2015											
EVENT		W60 High Jump		TIME	13:00		Event Record		Overall Record		1.60m		C Cup Final												
Order	No	NAME	CLUB	Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Best of All	Trials	at	Total	Failure	Total	Trials	Final Position	Ties	
1	C16		DASH																						
2	C36		MMAC																						
3	C26		Leicester																						
4	C46		RSC																						
5																									
6																									
7																									
8																									
9																									
10																									
11																									
12																									
13																									
14																									
15																									
16																									

Result W60 High Jump									JUDGES' SIGNATURES			
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	HEIGHT				
1	-	-	-		1	-	-	-				
2	-	-	-		2	-	-	-				
3	-	-	-		3	-	-	-				
4	-	-	-		4	-	-	-				
5	-	-	-		5	-	-	-				
6	-	-	-		6	-	-	-				
7	-	-	-		7	-	-	-				
8	-	-	-		8	-	-	-				

REFeree's SIGNATURE			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : HEIGHT CARD																									
MEETING		Midland Veteran's Track and Field League			VENUE	Nunnary Wood, Worcester								DATE		Sunday, August 30 2015									
EVENT		M60 High Jump			TIME	14:00	Event Record			Overall Record			1.80m			C Cup Final									
Order	No	NAME	CLUB	Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Best of All	Trials	at	Total	Failure	Total	Trials	Final Position	Ties	
1	C16		DASH																						
2	C36		MMAC																						
3	C26		Leicester																						
4	C46		RSC																						
5																									
6																									
7																									
8																									
9																									
10																									
11																									
12																									
13																									
14																									
15																									
16																									
Result M60 High Jump															JUDGES' SIGNATURES										
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME		HEIGHT																
1		-	-		1		-		-																
2		-	-		2		-		-																
3		-	-		3		-		-																
4		-	-		4		-		-	REFeree's SIGNATURE															
5		-	-		5		-		-																
6		-	-		6		-		-																
7		-	-		7		-		-																
8		-	-		8		-		-																

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		M35 Hammer 7.26kg		TIME		10:00	Event Record				Overall Record		61.44m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C23		Leicester													
2	C43		RSC													
3	C13	Richard Woodhall	DASH	41.96			41.96	1				41.96	1.0			
4	C33	ANTONY PORTER	MMAC	14.51			14.51	2				14.51	2.0			
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result M35 Hammer 7.26kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C13	Richard Woodhall	DASH	41.96	1		-	-			
2	C33	ANTONY PORTER	MMAC	14.51	2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-		REFEREE'S SIGNATURE	
5		-	-		5		-	-			
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		M50 Hammer 6kg		TIME		10:45	Event Record				Overall Record		61.44m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C35	DAVID RUSSELL	MMAC	20.58			20.58	1				20.58	1.0			
2	C25		Leicester													
3	C45		RSC													
4	C15		DASH													
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result M50 Hammer 6kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C35	DAVID RUSSELL	MMAC	20.58	1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE	Sunday, August 30 2015						
EVENT		W35 Long Jump		TIME		10:45	Event Record				Overall Record		5.16m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C43		RSC													
2	C13		DASH													
3	C33		MMAC													
4	C23	Jody Ward	Leicester	4.10			4.10	1				4.10	1.0			
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result W35 Long Jump										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C23	Jody Ward	Leicester	4.10	1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015						
EVENT		W40 Hammer 4kg / W50 Hammer 3kg		TIME		11:30		Event Record		0 / 0		Overall Record		39.39m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres					
1	C14		DASH														
2	C34		MMAC														
3	C24		Leicester														
4	C44	Lorna Foster	RSC	17.02			17.02	4				17.02	1.0				
5																	
6																	
7																	
8																	
9	C35	RUTH BIRD	MMAC	36.67			36.67	1				36.67	1.0				
10	C25	Sue Frisby	Leicester	19.74			19.74	3				19.74	3.0				
11	C45	Fiona Smith	RSC	23.53			23.53	2				23.53	2.0				
12	C15		DASH														
13																	
14																	
15																	
16																	

Result W40 Hammer 4kg					Result W50 Hammer 3kg					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C44	Lorna Foster	RSC	17.02	1	C35	RUTH BIRD	MMAC	36.67		
2		-	-		2	C45	Fiona Smith	RSC	23.53		
3		-	-		3	C25	Sue Frisby	Leicester	19.74		
4		-	-		4		-	-		REFEREE'S SIGNATURE	
5		-	-		5		-	-			
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		M50 Long Jump		TIME		12:00	Event Record				Overall Record		6.92m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C45		RSC													
2	C15		DASH													
3	C35		MMAC													
4	C25		Leicester													
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result M50 Long Jump										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1		-	-		1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE	Sunday, August 30 2015						
EVENT		M40 Shot 7.26kg		TIME		12:00	Event Record		13.91m		Overall Record		13.91m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C14		DASH													
2	C34	ANTONY PORTER	MMAC	4.94			4.94	1				4.94	1.0			
3	C24		Leicester													
4	C44		RSC													
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result M40 Shot 7.26kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C34	ANTONY PORTER	MMAC	4.94	1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		W35 Javelin 600g		TIME		12:30	Event Record				Overall Record		47.45m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C33	KAREN ADDIS	MMAC	25.97			25.97	1				25.97	1.0			
2	C23	Jody Ward	Leicester	11.11			11.11	3				11.11	3.0			
3	C43	Lorna Foster	RSC	17.24			17.24	2				17.24	2.0			
4	C13		DASH													
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result W35 Javelin 600g										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C33	KAREN ADDIS	MMAC	25.97	1		-	-			
2	C43	Lorna Foster	RSC	17.24	2		-	-			
3	C23	Jody Ward	Leicester	11.11	3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-			
6		-	-		6		-	-		REFEREE'S SIGNATURE	
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		M60 Shot 6kg		TIME		13:00	Event Record				Overall Record		13.91m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C26		Leicester													
2	C46	Graham Felton	RSC	9.44			9.44	2				9.44	2.0			
3	C16		DASH													
4	C36	DAVID RUSSELL	MMAC	9.75			9.75	1				9.75	1.0			
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result M60 Shot 6kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C36	DAVID RUSSELL	MMAC	9.75	1		-	-			
2	C46	Graham Felton	RSC	9.44	2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		W50 Long Jump		TIME		13:00	Event Record				Overall Record		5.16m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C45	Fiona Smith	RSC	2.80			2.80	3				2.80	3.0			
2	C15		DASH													
3	C35	RUTH BIRD	MMAC	3.03			3.03	2				3.03	2.0			
4	C25	Sue Frisby	Leicester	3.98			3.98	1				3.98	1.0			
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result W50 Long Jump										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C25	Sue Frisby	Leicester	3.98	1		-	-			
2	C35	RUTH BIRD	MMAC	3.03	2		-	-			
3	C45	Fiona Smith	RSC	2.80	3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-			
6		-	-		6		-	-		REFEREE'S SIGNATURE	
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		M40 Discus 2kg		TIME		13:15	Event Record				Overall Record		57.84m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C34	ANTONY PORTER	MMAC	12.33			12.33	1				12.33	1.0			
2	C24		Leicester													
3	C44		RSC													
4	C14		DASH													
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result M40 Discus 2kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C34	ANTONY PORTER	MMAC	12.33	1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		W35 Shot 4kg		TIME		13:45	Event Record				Overall Record		11.64m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C23	Jody Ward	Leicester	5.72			5.72	3				5.72	3.0			
2	C43	Lorna Foster	RSC	8.39			8.39	1				8.39	1.0			
3	C13		DASH													
4	C33	RUTH BIRD	MMAC	8.28			8.28	2				8.28	2.0			
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result W35 Shot 4kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C43	Lorna Foster	RSC	8.39	1		-	-			
2	C33	RUTH BIRD	MMAC	8.28	2		-	-			
3	C23	Jody Ward	Leicester	5.72	3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-			
6		-	-		6		-	-			
7		-	-		7		-	-		REFEREE'S SIGNATURE	
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester		DATE		Sunday, August 30 2015					
EVENT		M35 Triple Jump		TIME		14:00		Event Record		Overall Record		13.21m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	C43		RSC												
2	C13		DASH												
3	C33		MMAC												
4	C23		Leicester												
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															

Result M35 Triple Jump										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1		-	-		1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester		DATE		Sunday, August 30 2015					
EVENT		W60 Shot 3kg		TIME		14:15		Event Record		Overall Record		11.64m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	C36		MMAC												
2	C26		Leicester												
3	C46		RSC												
4	C16		DASH												
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															

Result W60 Shot 3kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1		-	-		1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		M35 Javelin 800g		TIME		14:30	Event Record				Overall Record		58.27m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C23		Leicester													
2	C43		RSC													
3	C13	Richard Woodhall	DASH	55.04			55.04	1				55.04	1.0			
4	C33	DAVID RUSSELL	MMAC	22.32			22.32	2				22.32	2.0			
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result M35 Javelin 800g										JUDGES' SIGNATURES				
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE					
1	C13	Richard Woodhall	DASH	55.04	1		-	-						
2	C33	DAVID RUSSELL	MMAC	22.32	2		-	-						
3		-	-		3		-	-						
4		-	-		4		-	-						
5		-	-		5		-	-						
6		-	-		6		-	-						
7		-	-		7		-	-		REFEREE'S SIGNATURE				
8		-	-		8		-	-						

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester		DATE		Sunday, August 30 2015					
EVENT		M60 Triple Jump		TIME		15:15		Event Record		Overall Record		13.21m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	C46		RSC												
2	C16		DASH												
3	C36		MMAC												
4	C26		Leicester												
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															

Result M60 Triple Jump										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1		-	-		1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester		DATE		Sunday, August 30 2015					
EVENT		M40 Long Jump		TIME		15:15		Event Record		Overall Record		6.92m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	C14		DASH												
2	C34		MMAC												
3	C24		Leicester												
4	C44		RSC												
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															

Result M40 Long Jump										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1		-	-		1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		M50 Javelin 700g		TIME		15:30	Event Record				Overall Record		58.27m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C35		MMAC													
2	C25		Leicester													
3	C45	David Price	RSC													
4	C15		DASH													
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result M50 Javelin 700g										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1		-	-		1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		W60 Discus 1kg		TIME		16:15	Event Record				Overall Record		38.54m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C26		Leicester													
2	C46		RSC													
3	C16		DASH													
4	C36		MMAC													
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

Result W60 Discus 1kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1		-	-		1		-	-			
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-		REFEREE'S SIGNATURE	
5		-	-		5		-	-			
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester			DATE		Sunday, August 30 2015					
EVENT		W40 Triple Jump / W50 Triple Jump		TIME		16:20	Event Record		0 / 0		Overall Record		10.44m		C Cup Final	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	C44		RSC													
2	C14		DASH													
3	C34		MMAC													
4	C24		Leicester													
5																
6																
7																
8																
9	C15		DASH													
10	C35	RUTH BIRD	MMAC													
11	C25	Sue Frisby	Leicester	8.00			8.00	1				8.00	1.0			
12	C45		RSC													
13																
14																
15																
16																

Result W40 Triple Jump					Result W50 Triple Jump					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1		-	-		1	C25	Sue Frisby	Leicester	8.00		
2		-	-		2		-	-			
3		-	-		3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-		REFEREE'S SIGNATURE	
6		-	-		6		-	-			
7		-	-		7		-	-			
8		-	-		8		-	-			

MIDLAND VETERAN'S TRACK & FIELD LEAGUE : DISTANCE CARD

MEETING		Midland Veteran's Track and Field League		VENUE		Nunnary Wood, Worcester		DATE		Sunday, August 30 2015					
EVENT		M60 Discus 1kg		TIME		16:40	Event Record				Overall Record		C Cup Final		
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Ties	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	C36	DAVID RUSSELL	MMAC	28.13			28.13	1				28.13	1.0		
2	C26		Leicester												
3	C46	Graham Felton	RSC	25.09			25.09	2				25.09	2.0		
4	C16	Eric Horwill	DASH	11.42			11.42	3				11.42	3.0		
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															

Result M60 Discus 1kg										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	C36	DAVID RUSSELL	MMAC	28.13	1		-	-			
2	C46	Graham Felton	RSC	25.09	2		-	-			
3	C16	Eric Horwill	DASH	11.42	3		-	-			
4		-	-		4		-	-			
5		-	-		5		-	-			
6		-	-		6		-	-			
7		-	-		7		-	-		REFEREE'S SIGNATURE	
8		-	-		8		-	-			

Midland Veteran's Track and Field League 2015

Track Draw Match C

T1	Time	10:20		T2	Time	10:30	
200m Hds W35	Bib	Name	Club	200m Hds M40	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C43	Sharon Ralph	RSC	Lane 2	C44		RSC
Lane 3	C13		DASH	Lane 3	C14		DASH
Lane 4	C33		MMAC	Lane 4	C34	Kirtley Robbins	MMAC
Lane 5	C23	Sue Frisby	Leicester	Lane 5	C24		Leicester
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T3	Time	10:45		T4	Time	10:55	
800m W35	Bib	Name	Club	800m W60	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C33		MMAC	Lane 2	C16	Nancy Hitchmough	DASH
Lane 3	C23	Jody Ward	Leicester	Lane 3	C36	ANN GRAY	MMAC
Lane 4	C43		RSC	Lane 4	C26		Leicester
Lane 5	C13		DASH	Lane 5	C46		RSC
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T5	Time	11:05		T6	Time	11:15	
800m M40	Bib	Name	Club	800m M50	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C14		DASH	Lane 2	C15		DASH
Lane 3	C34		MMAC	Lane 3	C35	Christopher Gunstone	MMAC
Lane 4	C24		Leicester	Lane 4	C25		Leicester
Lane 5	C44		RSC	Lane 5	C45		RSC
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T7	Time	11:25		T8	Time	11:35	
100m W35	Bib	Name	Club	100m W50	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C23	Jody Ward	Leicester	Lane 2	C35		MMAC
Lane 3	C43		RSC	Lane 3	C25	Sue Frisby	Leicester
Lane 4	C13		DASH	Lane 4	C45		RSC
Lane 5	C33		MMAC	Lane 5	C15		DASH
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T9	Time	11:45		T10	Time	11:55	
100m W60	Bib	Name	Club	100m W70	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C36		MMAC	Lane 2	C47		RSC
Lane 3	C26		Leicester	Lane 3	C17		DASH
Lane 4	C46		RSC	Lane 4	C37	ANN GRAY	MMAC
Lane 5	C16		DASH	Lane 5	C27		Leicester
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T11	Time	12:00		T12	Time	12:10	
100m M35	Bib	Name	Club	100m M50	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C23		Leicester	Lane 2	C45		RSC
Lane 3	C43	Richard Henry	RSC	Lane 3	C15		DASH
Lane 4	C13		DASH	Lane 4	C35	Kirtley Robbins	MMAC
Lane 5	C33		MMAC	Lane 5	C25	Chris Monk	Leicester
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			

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T13	Time	12:20		T14	Time	12:30	
100m M60	Bib	Name	Club	100m M70	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C26		Leicester	Lane 2	C17		DASH
Lane 3	C46		RSC	Lane 3	C37	Louis Satterthwaite	MMAC
Lane 4	C16		DASH	Lane 4	C27		Leicester
Lane 5	C36	MANOHAR SINGH	MMAC	Lane 5	C47	John Topliss	RSC
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T15	Time	12:35		T16	Time	12:55	
3000m W35	Bib	Name	Club	3000m M35	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C33		MMAC	Lane 2	C43		RSC
Lane 3	C23		Leicester	Lane 3	C13	Ian Furness	DASH
Lane 4	C43		RSC	Lane 4	C33	Paul Shackleton	MMAC
Lane 5	C13		DASH	Lane 5	C23		Leicester
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T17	Time	13:10		T18	Time	13:10	
3000m W50	Bib	Name	Club	3000m M60	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C15		DASH	Lane 2	C36		MMAC
Lane 3	C35		MMAC	Lane 3	C26		Leicester
Lane 4	C25		Leicester	Lane 4	C46		RSC
Lane 5	C45		RSC	Lane 5	C16		DASH
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T19	Time	13:35		T20	Time	13:45	
Relay 4 x 100m W	Bib	Name	Club	Relay 4 x 100m M	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C23		Leicester	Lane 2	C33		MMAC
Lane 3	C43		RSC	Lane 3	C23		Leicester
Lane 4	C13		DASH	Lane 4	C43		RSC
Lane 5	C33		MMAC	Lane 5	C13		DASH
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T21	Time	13:55		T22	Time	14:05	
400m W40	Bib	Name	Club	400m W50	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C14		DASH	Lane 2	C35		MMAC
Lane 3	C34	RUTH BIRD	MMAC	Lane 3	C25	Sue Frisby	Leicester
Lane 4	C24		Leicester	Lane 4	C45		RSC
Lane 5	C44		RSC	Lane 5	C15		DASH
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T23	Time	14:15		T24	Time	14:25	
400m M35	Bib	Name	Club	400m M60	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C23	Marcus Mills	Leicester	Lane 2	C26		Leicester
Lane 3	C43	Rob Andrew	RSC	Lane 3	C46		RSC
Lane 4	C13		DASH	Lane 4	C16		DASH
Lane 5	C33	Christopher Gunstone	MMAC	Lane 5	C36	Louis Satterthwaite	MMAC
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			

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T25	Time	14:35		T26	Time	14:50	
1500m W40	Bib	Name	Club	1500m W60	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C14		DASH	Lane 2	C26		Leicester
Lane 3	C34		MMAC	Lane 3	C46		RSC
Lane 4	C24		Leicester	Lane 4	C16	Nancy Hitchmough	DASH
Lane 5	C44		RSC	Lane 5	C36	ANN GRAY	MMAC
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T27	Time	15:00		T28	Time	15:15	
1500m M40	Bib	Name	Club	1500m M50	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C14		DASH	Lane 2	C45		RSC
Lane 3	C34	Christopher Gunstone	MMAC	Lane 3	C15		DASH
Lane 4	C24		Leicester	Lane 4	C35	Paul Shackleton	MMAC
Lane 5	C44		RSC	Lane 5	C25		Leicester
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T29	Time	15:30		T30	Time	15:40	
200m W40	Bib	Name	Club	200m W60	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C44		RSC	Lane 2	C26		Leicester
Lane 3	C14		DASH	Lane 3	C46		RSC
Lane 4	C34		MMAC	Lane 4	C16		DASH
Lane 5	C24	Sue Frisby	Leicester	Lane 5	C36		MMAC
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T31	Time	15:50		T32	Time	16:00	
200m M40	Bib	Name	Club	200m M50	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C44	Richard Henry	RSC	Lane 2	C35	Kirtley Robbins	MMAC
Lane 3	C14		DASH	Lane 3	C25	Chris Monk	Leicester
Lane 4	C34		MMAC	Lane 4	C45	Rob Andrew	RSC
Lane 5	C24	Marcus Mills	Leicester	Lane 5	C15		DASH
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T33	Time	16:10		T34	Time	16:20	
200m M60	Bib	Name	Club	2k Walk W35	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C26		Leicester	Lane 2	C33		MMAC
Lane 3	C46	John Topliss	RSC	Lane 3	C23	Jody Ward	Leicester
Lane 4	C16		DASH	Lane 4	C43		RSC
Lane 5	C36	Louis Satterthwaite	MMAC	Lane 5	C13		DASH
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T35	Time	16:20		T36	Time	16:45	
2k Walk W50	Bib	Name	Club	2k Walk M35	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C15		DASH	Lane 2	C43		RSC
Lane 3	C35	JILL LANGFORD	MMAC	Lane 3	C13		DASH
Lane 4	C25		Leicester	Lane 4	C33		MMAC
Lane 5	C45		RSC	Lane 5	C23		Leicester
Lane 6				Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			

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T37	Time	16:45		T38	Time	17:10	
2k Walk M50	Bib	Name	Club	Relay 4 x 400m W	Bib	Name	Club
Lane 1				Lane 1			
Lane 2	C35		MMAC	Lane 2	C43		RSC
Lane 3	C25	Chris Monk	Leicester	Lane 3	C13		DASH
Lane 4	C45		RSC	Lane 4	C33		MMAC
Lane 5	C15		DASH	Lane 5	C23		Leicester
Lane 6	C55	Mark Williams	Tamworth	Lane 6			
Lane 7				Lane 7			
Lane 8				Lane 8			
T39	Time	17:25					
Relay 4 x 400m M	Bib	Name	Club				
Lane 1							
Lane 2	C23		Leicester				
Lane 3	C43		RSC				
Lane 4	C13		DASH				
Lane 5	C33		MMAC				
Lane 6							
Lane 7							
Lane 8							