

Men	Southend	Chelmsford	Loughton	Herts Phoenix	Cambridge&C
1004	K PALMER	D BARNETT	S DESOUZA BRADY		G MEAH
1005	T WARD	J BROWNE	D HOBBS		N MOSS
4004	K PALMER	D BARNETT	T BABBS		G MEAH
4005	T WARD	G DANIEL	J RYAN		N BURCH
4006		J HUSH	T CASEY	J BORGARS	N MOSS
15004	M OLDHAM	D PAVITT	T BABBS		M CHAPLIN
15005	P BINNS	B THORPE	R SARGENT	J BORGARS	
110H4	M OLDHAM	M JENKINS			
100H5	J BROCK	P HARRIS			
2kw4		P TULLETT	G BROOKS		
2kw5	J BROCK	P GOODFELLOW	R SARGENT	J BORGARS	N BURCH
2kw6	B GARRARD	P HARRIS	P CASSIDY	A THOMSON	P HOWARD
HJ4	K PALMER	M JENKINS	G BROOKS		G MEAH
HJ5	P BINNS	P HARRIS	J RYAN		
LJ4	P FFRENCH	M JENKINS	G BROOKS		G MEAH
LJ5	J BROCK	B THORPE	D HOBBS	J GANDEE	N MOSS
SP4	P FFRENCH	K MITTLGALLEY			G MEAH
SP5	B GARRARD	M BRANFOOT	M HIGGINS	J BORGARS	P BRAMFORD
JT4	P FFRENCH	M WILLIAMS			N BURCH
JT5	T WARD	M BRANFOOT	M HIGGINS		P BRAMFORD
JT6	B GARRARD	P HARRIS	T CASEY	J GANDEE	N MOSS
MedR4					
MedR5					
Women	Southend	Chelmsford	Loughton	Herts Phoenix	Cambridge&C
1003		J BAKER	M DAVIS	M CARRIER	
1004		H WELLS	S EAST	A COWLEY	
1005		S SERGEANT	J HOBBS	S GANDEE	
4003		J BAKER	L GAFFNEY	M CARRIER	
4004			G SHILLAKER	A COWLEY	
15003		J BAKER	G BROOKS		
15004		T MINTON	A HEEKS		
15005			J HOBBS	S GANDEE	S BARNETT
100H3		J BAKER	L GAFFNEY		
80H4			B HIGGINS		
2kw3		J GRAINGER	G BROOKS	M CARRIER	
2kw4		D WELCH	F FERNANDEZ		
HJ3			L GAFFNEY		
HJ4			B HIGGINS	A COWLEY	
LJ3		S BESFORD	M DAVIS	M CARRIER	
LJ4		C ST JOHN COLE	G SHILLAKER	A COWLEY	C MORRIS
LJ5		S SERGEANT	J HOBBS	S GANDEE	
SP3		S BESFORD	P ACKLAND SNOV	M CARRIER	
SP4		S QUINN	A HEEKS	A COWLEY	
SP5		S SERGEANT	F FERNANDEZ	S GANDEE	
JT3		S BESFORD	P ACKLAND SNOV	M CARRIER	
JT4		S QUINN	D DEBUZA		
MedR3					
MedR4					

Men

O	Southend	S'end	2
J	Chelmsford	Chelm	3
G	Loughton	Loug	4
X	Herts Phoenix	HertsP	5
D	Cambridge&C	C&C	6

Women

S	Southend	S'end	2
C	Chelmsford	Chelm	3
L	Loughton	Loug	4

H	Herts Phoenix	HertsP	5
A	Cambridge&C	C&C	6

EVAC T and F League-Match 1-Garon Park ,Southend .Wed 2nd May 2007

Men's Teams			score
1	Chelmsford	J	111
2	Southend	O	94
3	Loughton	G	67
4	Cambridge&C	D	66
5	Herts Phoenix	X	28

					O	J	G	X	D	Waste
1004	100m M40									
O	1 K PALMER	Southend	12.2	6	6					
J	2 D BARNETT	Chelmsford	13.6	5		5				
G	3 S DESOUZA BRADY	Loughton	14.4	4			4			
D	4 G MEAH	Cambridge&C	14.5	3					3	
	5			2						2
1005	100m M50									
J	1 J BROWNE	Chelmsford	12.1	6		6				
O	2 T WARD	Southend	13.1	5	5					
G	3 D HOBBS	Loughton	14.3	4			4			
D	4 N MOSS	Cambridge&C	15.5	3					3	
	5			2						2
4004	400m M40									
G	1 T BABBS	Loughton	56.3	6			6			
O	2 M.OLDHAM	Southend	56.4	5	5					
J	3 D BARNETT	Chelmsford	61.2	4		4				
D	4 G MEAH	Cambridge&C	70.2	3					3	
	5			2						2
4005	400m M50									
O	1 T WARD	Southend	59.6	6	6					
J	2 G DANIEL	Chelmsford	68.6	5		5				
D	3 N BURCH	Cambridge&C	85	4					4	
X	4	Herts Phoenix	88.7	3					3	
	5			2						2
4006	400m M60									
D	1 N MOSS	Cambridge&C	75.1	6					6	
J	2 J HUSH	Chelmsford	76	5		5				
G	3 T CASEY	Loughton	83.6	4			4			
	4			3						
	5			2						5
15004	1500m M40									
G	1 T BABBS	Loughton	4.41.9	6			6			
O	2 M OLDHAM	Southend	4.50.7	5	5					
J	3 D PAVITT	Chelmsford	4.51.3	4		4				
D	4 M CHAPLIN	Cambridge&C	4.32.8	3					3	
	5			2						2
15005	1500m M50									
J	1 B THORPE	Chelmsford	4.54.8	6		6				
O	2 P BINNS	Southend	4.57.3	5	5					
G	3 R SARGENT	Loughton	5.29.0	4			4			
X	4 J BORGARS	Herts Phoenix	6.31.7	3					3	
	5			2						2
110H4	110mH M40									
O	1 M OLDHAM	Southend	20.1	6	6					
J	2 M JENKINS	Chelmsford	20.3	5		5				
	3			4						
	4			3						
	5			2						9
100H5	100mH M50									
J	1 P HARRIS	Chelmsford	21.9	6		6				
	2			5						
	3			4						
	4			3						

5				2						14
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2kw4	2km Walk M40									
G	1 G BROOKS	Loughton	13m51	6			6			
J	2 P TULLETT	Chelmsford	16m29.	5		5				
	3			4						
	4			3						
	5			2						9
2kw5	2km Walk M50									
O	1 J BROCK	Southend	12m29.	6	6					
X	2 J BORGARS	Herts Phoenix	12m30.	5			5			
D	3 N BURCH	Cambridge&C	13m33	4				4		
J	4 P GOODFELLOW	Chelmsford	15m03.	3		3				
G	5 R SARGENT	Loughton	16m13	2			2			0
2kw6	2km Walk M60									
X	1 A.THOMPSON	Herts Phoenix	10m.39	6				6		
D	2 P HOWARD	Cambridge&C	12m.41	5					5	
G	3 P CASSIDY	Loughton	13m.09	4				4		
J	4 P HARRIS	Chelmsford	14.10.8	3		3				
	5			2						2
HJ4	High Jump M40									
O	1 P FRENCH	Southend	1m30	6	6					
J	2 M JENKINS	Chelmsford	1m20	5		5				
D	3 G MEAH	Cambridge&C	1m18	4					4	
G	4 T.BABBS	Loughton	1m13	3			3			
	5			2						2
HJ5	High Jump M50									
J	1 P HARRIS	Chelmsford	1m20	6		6				
O	2 P BINNS	Southend	1m13	5	5					
	3			4						
	4			3						
	5			2						9
LJ4	Long Jump M40									
O	1 P FFRENCH	Southend	5m24	6	6					
J	2 M JENKINS	Chelmsford	4m75	5		5				
G	3 G BROOKS	Loughton	4m20	4				4		
D	4 G MEAH	Cambridge&C	3m34	3					3	
	5			2						2
LJ5	Long Jump M50									
G	1 D HOBBS	Loughton	4m10	6				6		
J	2 B THORPE	Chelmsford	3m87	5		5				
X	3 J GANDEE	Herts Phoenix	3m63	4					4	
D	4 N MOSS	Cambridge&C	3m34	3						3
O	5 J BROCK	Southend	3m20	2	2					0
SP4	Shot M40									
J	1 K MITTLGALLEY	Chelmsford	10m05	6		6				
O	2 P FFRENCH	Southend	8m42	5	5					
D	3 G MEAH	Cambridge&C	4m90	4					4	
	4			3						
	5			2						5
SP5	Shot M50									
O	1 B GARRARD	Southend	9m54	6	6					
D	2 P BRAMFORD	Cambridge&C	8m94	5					5	
J	3 M BRANFOOT	Chelmsford	8m73	4		4				
G	4 M HIGGINS	Loughton	6m04	3				3		
X	5 J BORGARS	Herts Phoenix	4m76	2					2	0
JT4	Javelin M40									
J	1 M WILLIAMS	Chelmsford	31m12	6		6				
O	2 P.FFRENCH	Southend	26m19	5	5					
D	3 N.BURCH	Cambridge&C	21m95	4					4	
	4			3						
	5			2						5

JT5	Javelin M50			
J	1 M BRANFOOT	Chelmsford	38m34	6
D	2 P BRAMFORD	Cambridge&C	31m.68	5
G	3 M HIGGINS	Loughton	14m14	4
O	4 T WARD	Southend	12m72	3
	5			2
JT6	Javelin M60			
O	1 B GARRARD	Southend	33m17	6
X	2 J GANDEE	Herts Phoenix	32m14	5
D	3 N MOSS	Cambridge&C	22m0	4
G	4 T CASEY	Loughton	14m60	3
	5			2
Med R4	2x200,1x400,1x800R.			
O	1	Southend	4m17.1	6
J	2	Chelmsford	4m20.6	5
G	3	Loughton	4m52.7	4
D	4	Cambridge&C	5m14	3
	5			2
MedR5	2x200,1x400,1x800R.			
J	1	Chelmsford	4m34.2	6
	2			5
	3			4
	4			3
	5			2

	6				
				5	
		4			
3					
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6					
			5		
				4	
		3			
					2
6					
	5				
		4			
				3	
					2
	6				
					14
94	111	67	28	66	94

Women's Teams			score
1	Loughton	L	127
2	Chelmsford	C	109
3	Herts Phoenix	H	56
4	Cambridge&C	A	12
5	Southend	S	0

1003	100m F35			
C	1	J BAKER	Chelmsford	15.1 6
L	2	M DAVIS	Loughton	15.8 5
H	3	M CARRIER	Herts Phoenix	16.9 4
	4			3
	5			2
1004	100m F45			
L	1	S EAST	Loughton	15.5 6
H	2	A COWLEY	Herts Phoenix	16.2 5
C	3	H WELLS	Chelmsford	17.0 4
	4			3
	5			2
1005	100m F55			
C	1	S SERGEANT	Chelmsford	16.7 6
L	2	J HOBBS	Loughton	19.10 5
H	3	S GANDEE	Herts Phoenix	19.2 4
	4			3
	5			2
4003	400m F35			
C	1	J BAKER	Chelmsford	67.60 6
L	2	L GAFFNEY	Loughton	73.90 5
H	3	M CARRIER	Herts Phoenix	80.40 4
	4			3
	5			2
4004	400m F45			
C	1		Chelmsford	78.60 6
H	2	A COWLEY	Herts Phoenix	82.30 5
L	3	G SHILLAKER	Loughton	83.10 4
	4			3
	5			2
15003	1500m F35			
C	1	J BAKER	Chelmsford	5.25.1 6
L	2	G BROOKS	Loughton	5.42.8 5
	3			4
	4			3
	5			2
15004	1500m F45			
L	1	A HEEKS	Loughton	6.12.2 6
C	2	T MINTON	Chelmsford	6.53.7 5
	3			4
	4			3
	5			2
15005	1500m F55			
A	1	S BARNETT	Cambridge&C	6.23.4 6
L	2	J HOBBS	Loughton	6.59.2 5
	3			4
	4			3
	5			2
100H3	100mH F35			
L	1	L GAFFNEY	Loughton	24.7 6
C	2	J BAKER	Chelmsford	31.7 5
	3			4
	4			3
	5			2

S	C	L	H	A	waste
	6				
		5			
			4		
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		6			
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	6				
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	6				
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		6			
	5				
					9
				6	
		5			
					9
			6		
	5				
					9

80H4		80mH F45							
L	1	B HIGGINS	Loughton	20.1	6		6		
	2				5				
	3				4				
	4				3				
	5				2				14
2kw3		2km Walk F35							
L	1	G BROOKS	Loughton	12m51	6		6		
H	2	M CARRIER	Herts Phoenix	15m26	5			5	
C	3	J GRAINGER	Chelmsford	16m25	4	4			
	4				3				
	5				2				5
2kw4		2kmWalk F45							
L	1	F FERNANDEZ	Loughton	13m32	6		6		
C	2	D WELCH	Chelmsford	16m11	5	5			
	3				4				
	4				3				
	5				2				9
HJ3		High Jump F35							
L	1	L GAFFNEY	Loughton	1m0	6		6		
	2				5				
	3				4				
	4				3				
	5				2				14
HJ4		High Jump F45							
L	1	B HIGGINS	Loughton	1m0	6		6		
	2				5				
	3				4				
	4				3				
	5				2				14
LJ3		Long Jump F35							
C	1	S BESFORD	Chelmsford	4m13	6	6			
L	2	M DAVIS	Loughton	3m22	5		5		
H	3	M CARRIER	Herts Phoenix	2m78	4			4	
	4				3				
	5				2				5
LJ4		Long Jump F45							
C	1	C ST JOHN COLEMAN	Chelmsford	3m85	6	6			
H	2	A COWLEY	Herts Phoenix	3m24	5			5	
L	3	G SHILLAKER	Loughton	2m61	4		4		
	4				3				
	5				2				5
LJ5		Long Jump F55							
C	1	S SERGEANT	Chelmsford	3m04	6	6			
L	2	J HOBBS	Loughton	2m36	5		5		
H	3	S GANDEE	Herts Phoenix	2m08	4			4	
	4				3				
	5				2				5
SP3		Shot F35							
C	1	S BESFORD	Chelmsford	8m08	6	6			
L	2	P ACKLAND SNOW	Loughton	6m0	5		5		
	3				4				
	4				3				
	5				2				9
SP4		Shot F45							
C	1	S QUINN	Chelmsford	7m12	6	6			
L	2	A HEEKS	Loughton	5m06	5		5		
H	3	A COWLEY	Herts Phoenix	4m65	4			4	
	4				3				
	5				2				5

SP5		Shot F55			
C	1	S SERGEANT	Chelmsford	6m06	6
L	2	F FERNANDEZ	Loughton	4m12	5
H	3	S GANDEE	Herts Phoenix	3m96	4
	4				3
	5				2
JT3		Javelin F35			
L	1	ACKLAND.SNOW	Loughton	15m32	6
C	2	S BESFORD	Chelmsford	14m78	5
H	3	M CARRIER	Herts Phoenix	11m92	4
	4				3
	5				2
JT4		Javelin F45			
A	1	C MORRIS	Cambridge&C	18m76	6
C	2	S QUINN	Chelmsford	17m34	5
H	3	A COWLEY	Herts Phoenix	11m70	4
L	4	D.DESOUZA-BRADY	Loughton	4m90	3
	5				2
MedR3		2x200,1x400,1x800R.			
L	1		Loughton	5m20.9	6
C	2		Chelmsford	5m31.0	5
	3				4
	4				3
	5				2
MedR4		2x200,1x400,1x800R.			
L	1		Loughton	5m32.5	6
C	2		Chelmsford	5m45.4	5
	3				4
	4				3
	5				2

	6				
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	5				
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	5				
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	0	109	127	56	12
					176