

BMAF Track & Field Championships 2016 - Birmingham

Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	W35 100 Metre						
Sat 17/09/2016	Finals (A & B)						
Sat 17/09/2016	1	589	Susan McLoughlin	VAC	12.69	1.4	2
Sat 17/09/2016	2	594	Claire Spurway	SCVAC	12.72	1.4	2
Sat 17/09/2016	3	592	Paula Owen	MMAC	12.94	1.4	2
Sat 17/09/2016	4	567	Samantha Bickley-Vaile	SCVAC	13.11	1.4	2
Sat 17/09/2016	5	565	Naana Adusei	NMAC	13.22	1.4	2
Sat 17/09/2016	6	570	Karen Burles	SCVAC	13.24	1.4	2
Sat 17/09/2016	7	591	Heidi Nicholas	EVAC	13.80	2.0	1
Sat 17/09/2016	8	564	Susan Abidakun	EVAC	14.08	2.0	1
Sat 17/09/2016	9	581	Julia Jones	MMAC	14.62	2.0	1
Sat 17/09/2016	10	573	Ainslea Cross	MMAC	14.69	2.0	1
Sat 17/09/2016	11	590	Rebecca Mulley	SWVAC	28.58	2.0	1
Sat 17/09/2016	W40 100 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	631	Michelle Thomas	WMAA	13.14	1.2	
Sat 17/09/2016	2	612	Cat Goulder-Davies	MMAC	13.64	1.2	
Sat 17/09/2016	3	620	Kathryn Miles	SCVAC	13.97	1.2	
Sat 17/09/2016	4	623	Stephanie Pain	EVAC	14.24	1.2	
Sat 17/09/2016	5	610	Sharon Dooley	SCVAC	14.43	1.2	
Sat 17/09/2016	6	603	Andrea Burnett	MMAC	15.62	1.2	
Sat 17/09/2016	W45 100 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	662	Anita Saunders	NMAC	13.44	2.1	
Sat 17/09/2016	2	643	Joanna Flowers	VAC	13.68	2.1	
Sat 17/09/2016	3	663	Juliet Sidney	WMAA	13.89	2.1	
Sat 17/09/2016	4	666	Sue Van Vuuren	SCVAC	13.92	2.1	
Sat 17/09/2016	5	661	Deborah Ricci	MMAC	14.63	2.1	
Sat 17/09/2016	W50 100 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	687	Jayne Henderson	NEMAA	13.95	1.0	
Sat 17/09/2016	2	706	Fiona Steele	SVHC	14.49	1.0	
Sat 17/09/2016	3	711	Michele Wakefield	SCVAC	14.49	1.0	
Sat 17/09/2016	4	690	Judy Johnson	MMAC	14.71	1.0	
Sat 17/09/2016	5	688	Paula Hine	SWVAC	14.94	1.0	
Sat 17/09/2016	6	714	Lesley Willis	MMAC	15.20	1.0	
Sat 17/09/2016	7	682	Melanie Garland	WMAA	15.24	1.0	
Sat 17/09/2016	W55 100 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	733	Angela Kelly	NMAC	14.85	1.0	
Sat 17/09/2016	2	748	Clare St John-Coleman	WMAA	14.88	1.0	
Sat 17/09/2016	3	747	Angela Sonn	WMAA	15.06	1.0	
Sat 17/09/2016	4	724	Teresa Eades	SCVAC	15.10	1.0	
Sat 17/09/2016	5	744	Susan Richardson	NMAC	15.58	1.0	
Sat 17/09/2016	6	749	Tessa Stephenson	EVAC	16.06	1.0	
Sat 17/09/2016	W60 100 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	770	Caroline Powell	SWVAC	14.20	1.7	
Sat 17/09/2016	2	767	Tilly Jacobs	OPEN-NED	14.92	1.7	
Sat 17/09/2016	3	776	Joan Trimble	SCVAC	14.92	1.7	
Sat 17/09/2016	4	772	Joy Radford	SWVAC	15.94	1.7	
Sat 17/09/2016	5	756	Carol Alker	EVAC	15.99	1.7	
Sat 17/09/2016	6	769	Anne Nelson	VAC	16.12	1.7	
Sat 17/09/2016	7	763	Christine Fry	SCVAC	16.54	1.7	
Sat 17/09/2016	8	765	Sylvia Gattiker	OPEN-SUI	18.21	1.7	
Sat 17/09/2016	W65 100 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	793	Moira West	SCVAC	15.47	+0.0	
Sat 17/09/2016	2	794	Hendricka White	SCVAC	15.52	+0.0	
Sat 17/09/2016	3	782	Brenda Fee	VAC	15.75	+0.0	
Sat 17/09/2016	4	784	Sally Hine	MMAC	16.26	+0.0	
Sat 17/09/2016	5	781	Jean Fail	SWVAC	16.63	+0.0	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat	
Sat 17/09/2016	W75 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	804	Iris	Holder	WMAA	18.17	+0.0	
Sat 17/09/2016	2	802	Dorothy	Fraser	WMAA	20.88	+0.0	
Sat 17/09/2016	M35 100 Metre							
Sat 17/09/2016	Finals (A & B)							
Sat 17/09/2016	1	15	Liam	Collins	NEMAA	11.30	1.4	2
Sat 17/09/2016	2	7	Dominic	Bradley	MMAC	11.32	1.4	2
Sat 17/09/2016	3	10	Anthony	Browne	NMAC	11.40	1.4	2
Sat 17/09/2016	4	53	Alan	Robertson	SVHC	11.44	1.4	2
Sat 17/09/2016	5	27	Peter	Hall	MMAC	11.46	1.4	2
Sat 17/09/2016	6	22	Marvin	Edwards	NMAC	11.49	1.4	2
Sat 17/09/2016	7	45	Matthew	Muggeridge	SWVAC	11.78	1.9	1
Sat 17/09/2016	8	19	Ger	Cremin	OPEN-IRL	11.85	1.9	1
Sat 17/09/2016	9	14	James	Colclough	OPEN	11.96	1.9	1
Sat 17/09/2016	10	58	Darren	Towart	NEMAA	12.08	1.9	1
Sat 17/09/2016	11	11	Navid	Childs	WMAA	12.14	1.9	1
Sat 17/09/2016	M40 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	108	Esmei	Ossai	SCVAC	10.97	1.4	
Sat 17/09/2016	2	84	Mensah	Elliott	SCVAC	11.15	1.4	
Sat 17/09/2016	3	125	Joshua	Wood	SCVAC	11.31	1.4	
Sat 17/09/2016	4	89	Ciaran	Harvey	SCVAC	11.54	1.4	
Sat 17/09/2016	5	74	Mark	Collins	EVAC	11.62	1.4	
Sat 17/09/2016	6	69	Stephen	Buttler	WMAA	11.92	1.4	
Sat 17/09/2016	7	88	Andrew	Gordon	VAC	12.43	1.4	
Sat 17/09/2016	8	90	Richard	Henry	MMAC	12.71	1.4	
Sat 17/09/2016	9	86	Paul	Evans	WMAA	13.38	1.4	
Sat 17/09/2016	M45 100 Metre (8 Advance: Top 3 Each Heat plus Next 2 Best Times)							
Sat 17/09/2016	Heat 1							
Sat 17/09/2016	1	135	Pedro	Canto	OPEN-ESP	11.89	Q	1.1
Sat 17/09/2016	2	184	David	Swalwell	NEMAA	12.14	Q	1.1
Sat 17/09/2016	3	160	Andy	Lewis	SCVAC	12.28	Q	1.1
Sat 17/09/2016	4	168	James	Morgan	WMAA	12.55		1.1
Sat 17/09/2016	5	188	Stephen	Terry-Short	MMAC	12.56		1.1
Sat 17/09/2016	6	173	David	Pearson	SWVAC	12.56		1.1
Sat 17/09/2016	7	136	David	Carpenter	SVHC	12.76		1.1
Sat 17/09/2016	Heat 2							
Sat 17/09/2016	1	179	Darren	Scott	SCVAC	11.38	Q	0.8
Sat 17/09/2016	2	167	Giuseppe	Minetti	SCVAC	12.09	Q	0.8
Sat 17/09/2016	3	192	Martin	White	MMAC	12.13	Q	0.8
Sat 17/09/2016	4	183	Julian	Smith	EVAC	12.28	q	0.8
Sat 17/09/2016	5	166	Malcolm	McPhail	NMAC	12.40	q	0.8
Sat 17/09/2016	6	191	Daniel	Tomlinson	SCVAC	12.59		0.8
Sat 17/09/2016	7	128	Michael	Bense	VAC-RSA	12.79		0.8
Sat 17/09/2016	8	149	Brian	Gravelsons	MMAC	13.38		0.8
Sat 17/09/2016	M45 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	179	Darren	Scott	SCVAC	11.25		0.9
Sat 17/09/2016	2	135	Pedro	Canto	OPEN-ESP	11.48		0.9
Sat 17/09/2016	3	167	Giuseppe	Minetti	SCVAC	11.81		0.9
Sat 17/09/2016	4	192	Martin	White	MMAC	12.08		0.9
Sat 17/09/2016	5	184	David	Swalwell	NEMAA	12.15		0.9
Sat 17/09/2016	6	160	Andy	Lewis	SCVAC	12.23		0.9
Sat 17/09/2016	7	183	Julian	Smith	EVAC	12.31		0.9
Sat 17/09/2016	8	166	Malcolm	McPhail	NMAC	12.40		0.9
Sat 17/09/2016	M50 100 Metre 8 Advance: Top 2 Each Heat plus Next 2 Best Times							
Sat 17/09/2016	Heat 1							
Sat 17/09/2016	1	208	Anthony	Burniston	NMAC	12.09	Q	1.4
Sat 17/09/2016	2	272	Rohan	Samuel	VAC	12.23	Q	1.4
Sat 17/09/2016	3	258	Erskine	Peters	EVAC-TRI	12.30	q	1.4
Sat 17/09/2016	4	288	Paul	Williams	WMAA	12.99		1.4

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	5	251	Chris	Michael	VAC	14.90	1.4
Sat 17/09/2016	Heat 2						
Sat 17/09/2016	1	229	Fausto	Furlotti	SCVAC	12.28	Q 0.3
Sat 17/09/2016	2	285	Mark	White	VAC	12.45	Q 0.3
Sat 17/09/2016	3	206	Donald	Brown	MMAC	12.47	0.3
Sat 17/09/2016	4	284	Richard	Weekes	VAC	13.03	0.3
Sat 17/09/2016	5	238	Jason	Hall	SWVAC	13.33	0.3
Sat 17/09/2016	6	200	Con	Ariti	SCVAC-USA	13.58	0.3
Sat 17/09/2016	Heat 3						
Sat 17/09/2016	1	248	Tony	Leigh	MMAC	11.92	Q 2.5
Sat 17/09/2016	2	260	Dalton	Powell	MMAC	11.94	Q 2.5
Sat 17/09/2016	3	203	Steve	Beak	SCVAC	12.17	q 2.5
Sat 17/09/2016	4	254	Wole	Odele	SCVAC	12.89	2.5
Sat 17/09/2016	5	264	Glen	Reddington	SCVAC	13.10	2.5
Sat 17/09/2016	6	275	Steve	Snook	OPEN	14.42	2.5
Sat 17/09/2016	M50 100 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	260	Dalton	Powell	MMAC	11.76	2.3
Sat 17/09/2016	2	248	Tony	Leigh	MMAC	11.82	2.3
Sat 17/09/2016	3	272	Rohan	Samuel	VAC	12.05	2.3
Sat 17/09/2016	4	203	Steve	Beak	SCVAC	12.11	2.3
Sat 17/09/2016	5	208	Anthony	Burniston	NMAC	12.11	2.3
Sat 17/09/2016	6	258	Erskine	Peters	EVAC-TRI	12.36	2.3
Sat 17/09/2016	7	229	Fausto	Furlotti	SCVAC	12.39	2.3
Sat 17/09/2016	8	285	Mark	White	VAC	13.11	2.3
Sat 17/09/2016	M55 100 Metre 8 Advance: Top 2 Each Heat plus Next 2 Best Times						
Sat 17/09/2016	Heat 1						
Sat 17/09/2016	1	377	Michael	Vassiliou	VAC	12.31	Q 1.0
Sat 17/09/2016	2	374	John	Statham	MMAC	12.60	Q 1.0
Sat 17/09/2016	3	318	Mark	Ellery	SWVAC	12.74	1.0
Sat 17/09/2016	4	337	Tennyson	James	EVAC	12.94	1.0
Sat 17/09/2016	5	301	Dominic	Browne	MMAC	13.21	1.0
Sat 17/09/2016	6	308	Roderick	Davies	WMAA	14.21	1.0
Sat 17/09/2016	Heat 2						
Sat 17/09/2016	1	334	Ricardo	Huskisson	EVAC	12.36	Q 1.4
Sat 17/09/2016	2	369	Shane	Sheridan	OPEN-IRL	12.48	Q 1.4
Sat 17/09/2016	3	310	Dougie	Donald	MMAC	12.54	q 1.4
Sat 17/09/2016	4	333	Andy	Hunter	NMAC	12.71	q 1.4
Sat 17/09/2016	5	360	Robert	Phin	SVHC	13.76	1.4
Sat 17/09/2016	6	366	Kirtley	Robbins	MMAC	13.85	1.4
Sat 17/09/2016	Heat 3						
Sat 17/09/2016	1	342	Pat	Logan	NIMAA	12.00	Q 0.8
Sat 17/09/2016	2	303	Kevin	Burgess	EVAC	12.47	Q 0.8
Sat 17/09/2016	3	339	Gary	Leek	SVHC	12.78	0.8
Sat 17/09/2016	4	352	Cecil	Moven	MMAC	13.51	0.8
Sat 17/09/2016	5	345	Michael	May	VAC	14.59	0.8
Sat 17/09/2016	M55 100 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	342	Pat	Logan	NIMAA	11.80	2.2
Sat 17/09/2016	2	334	Ricardo	Huskisson	EVAC	12.11	2.2
Sat 17/09/2016	3	377	Michael	Vassiliou	VAC	12.40	2.2
Sat 17/09/2016	4	369	Shane	Sheridan	OPEN-IRL	12.40	2.2
Sat 17/09/2016	5	303	Kevin	Burgess	EVAC	12.44	2.2
Sat 17/09/2016	6	310	Dougie	Donald	MMAC	12.55	2.2
Sat 17/09/2016	7	374	John	Statham	MMAC	12.59	2.2
Sat 17/09/2016	8	333	Andy	Hunter	NMAC	15.32	2.2
Sat 17/09/2016	M60 100 Metre						
Sat 17/09/2016	Finals (A & B)						
Sat 17/09/2016	1	422	Steve	Peters	NMAC	12.42	0.5 2
Sat 17/09/2016	2	385	Simon	Barrett	SCVAC	13.09	0.5 2
Sat 17/09/2016	3	418	Christopher	Monk	MMAC	13.31	0.5 2
Sat 17/09/2016	4	400	Wally	Franklyn	SCVAC	13.52	0.5 2
Sat 17/09/2016	5	444	Kevin	Williams	MMAC	13.57	0.5 2
Sat 17/09/2016	6	440	David	Walker	NMAC	14.52	1.5 1

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Date	Position	Bib	Name	Club	Performance	W/S	Heat	
Sat 17/09/2016	7	389	David	Blunt	VAC	14.85	1.5	1
Sat 17/09/2016	8	395	Jon	Clarke	NMAC	15.23	1.5	1
Sat 17/09/2016	9	396	Peter	Coote	MMAC	15.30	1.5	1
Sat 17/09/2016	M65 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	473	John	McGarry	SVHC	13.70	+0.0	
Sat 17/09/2016	2	470	Brendan	Lynch	SVHC	13.76	+0.0	
Sat 17/09/2016	3	464	David	Hinds	VAC	14.01	+0.0	
Sat 17/09/2016	4	453	Chris	Christofides	OPEN	14.88	+0.0	
Sat 17/09/2016	5	454	Tom	Clinton	OPEN-IRL	15.22	+0.0	
Sat 17/09/2016	6	477	Patrick	Reynolds	VAC-IRL	18.12	+0.0	
Sat 17/09/2016	M70 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	511	Victor	Novell	SCVAC	13.75	1.5	
Sat 17/09/2016	2	506	Allan	Long	VAC	14.18	1.5	
Sat 17/09/2016	3	519	James	Smith	SVHC	14.45	1.5	
Sat 17/09/2016	M75 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	526	Alan	Carter	EVAC	15.51	1.6	
Sat 17/09/2016	2	544	Frank	Stewart	OPEN-IRL	16.38	1.6	
Sat 17/09/2016	3	531	Raymond	Hall	SCVAC	16.83	1.6	
Sat 17/09/2016	4	525	Roger	Bruck	SCVAC	17.27	1.6	
Sat 17/09/2016	5	530	David	Haines	SCVAC	17.86	1.6	
Sat 17/09/2016	---	539	John	Scott	SVHC	DNF	1.6	
Sat 17/09/2016	M80 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	552	Colin	Field	SCVAC	17.00	1.5	
Sat 17/09/2016	M85 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	558	George	Cheetham	MMAC	18.07	1.5	
Sat 17/09/2016	M90 100 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	562	Dalbir	Singh Deol	VAC	24.71	1.5	
Sat 17/09/2016	W35 400 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	589	Susan	McLoughlin	VAC	60.36		
Sat 17/09/2016	2	570	Karen	Burles	SCVAC	63.88		
Sat 17/09/2016	3	576	Nicola	Evans	EVAC	65.73		
Sat 17/09/2016	W40 400 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	602	Sarah	Burke	VAC	62.08		
Sat 17/09/2016	2	627	Claire	Smith	EVAC	64.62		
Sat 17/09/2016	3	619	Rachel	Matthews	WMAA	65.92		
Sat 17/09/2016	4	601	Lourdes	Bradley	NEMAA-ESP	68.33		
Sat 17/09/2016	5	610	Sharon	Dooley	SCVAC	76.15		
Sat 17/09/2016	W45 400 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	653	Monique	Krefting	SCVAC	59.12		
Sat 17/09/2016	2	639	Clare	Constable	NMAC	62.45		
Sat 17/09/2016	3	648	Emma	Hollinshead	MMAC	65.10		
Sat 17/09/2016	4	643	Joanna	Flowers	VAC	65.10		
Sat 17/09/2016	5	640	Rachel	Coupe	MMAC	66.24		
Sat 17/09/2016	W50 400 Metre							
Sat 17/09/2016	Finals							
Sat 17/09/2016	1	674	Tracy	Bezance	EVAC	65.48		
Sat 17/09/2016	2	712	Lisa	Webb	VAC	68.52		
Sat 17/09/2016	3	704	Catkin	Shelley	VAC	70.56		

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Sat 17/09/2016	W55 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	752	Elizabeth	Welbourn	EVAC	69.95	
Sat 17/09/2016	2	753	Hilary	West	NMAC	73.85	
Sat 17/09/2016	3	747	Angela	Sonn	WMAA	1:22.69	
Sat 17/09/2016	W60 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	770	Caroline	Powell	SWVAC	66.75	
Sat 17/09/2016	W65 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	787	Caroline	Marler	NMAC	72.37	
Sat 17/09/2016	2	782	Brenda	Fee	VAC	1:20.49	
Sat 17/09/2016	W70 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	797	Iris	Hornsey	EVAC	1:39.34	
Sat 17/09/2016	2	800	Patricia	Stanley	SWVAC	1:59.99	
Sat 17/09/2016	W75 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	805	Kathleen	Stewart	NEMAA	1:28.55	
Sat 17/09/2016	W80 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	808	Anne	Martin	EVAC	1:48.53	
Sat 17/09/2016	M35 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	39	Stewart	Marshall	MMAC	50.45	
Sat 17/09/2016	2	4	Adam	Bellis	SCVAC	51.63	
Sat 17/09/2016	3	6	Tom	Bolan-Ashworth	NMAC	51.89	
Sat 17/09/2016	4	45	Matthew	Muggeridge	SWVAC	53.36	
Sat 17/09/2016	5	58	Darren	Towart	NEMAA	53.67	
Sat 17/09/2016	6	3	Martin	Aspley-Davis	MMAC	54.06	
Sat 17/09/2016	7	30	Dale	Higham	NMAC	58.18	
Sat 17/09/2016	8	29	Brian	Hawkins	EVAC	59.65	
Sat 17/09/2016	M40 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	79	Brian	Darby	MMAC	52.55	
Sat 17/09/2016	2	70	Liam	Byrne	OPEN	56.23	
Sat 17/09/2016	M45 400 Metre						
Sat 17/09/2016	Finals (A & B)						
Sat 17/09/2016	1	129	Dominic	Bokor-Ingram	VAC	54.20	2
Sat 17/09/2016	2	187	Chris	Taplin	VAC	54.44	2
Sat 17/09/2016	3	130	Richard	Bowers	MMAC	56.83	2
Sat 17/09/2016	4	147	Leeroy	Golding	NMAC	58.34	2
Sat 17/09/2016	5	173	David	Pearson	SWVAC	58.77	1
Sat 17/09/2016	6	164	David	McKeown-Webster	SCVAC	59.95	1
Sat 17/09/2016	7	128	Michael	Bense	VAC-RSA	60.50	2
Sat 17/09/2016	8	180	David	Shortridge	SCVAC	62.15	1
Sat 17/09/2016	9	146	Gareth	George	VAC	67.80	1
Sat 17/09/2016	M50 400 Metre						
Sat 17/09/2016	Heat 1						
Sat 17/09/2016	1	285	Mark	White	VAC	58.16	Q
Sat 17/09/2016	2	254	Wole	Odele	SCVAC	58.68	Q
Sat 17/09/2016	3	274	Harold	Sewell	SCVAC	58.85	Q
Sat 17/09/2016	4	216	Brett	Davis	WMAA	59.47	
Sat 17/09/2016	5	259	Darryl	Pigott	MMAC-IRL	60.08	
Sat 17/09/2016	6	212	John	Carmichael	NMAC	60.54	
Sat 17/09/2016	7	283	Clifford	Warren	VAC	62.29	
Sat 17/09/2016	Heat 2						
Sat 17/09/2016	1	277	Jonathan	Tilt	SCVAC	58.15	Q
Sat 17/09/2016	2	235	Robert	Grew	SWVAC	58.34	Q

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Sat 17/09/2016	3	280	Neil	Vondy IOMVAC	58.40	Q	
Sat 17/09/2016	4	237	Nicholas	Grocock SCVAC	58.88	q	
Sat 17/09/2016	5	213	Gary	Clare NMAC	59.27	q	
Sat 17/09/2016	6	238	Jason	Hall SWVAC	61.45		
Sat 17/09/2016	7	225	Ian	Fitzpatrick NMAC	61.62		
Sat 17/09/2016	M50 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	277	Jonathan	Tilt SCVAC	56.08		
Sat 17/09/2016	2	254	Wole	Odele SCVAC	56.73		
Sat 17/09/2016	3	235	Robert	Grew SWVAC	57.05		
Sat 17/09/2016	4	274	Harold	Sewell SCVAC	57.64		
Sat 17/09/2016	5	237	Nicholas	Grocock SCVAC	58.29		
Sat 17/09/2016	6	213	Gary	Clare NMAC	58.44		
Sat 17/09/2016	7	280	Neil	Vondy IOMVAC	60.59		
Sat 17/09/2016	---	285	Mark	White VAC	DNF		
Sat 17/09/2016	M55 400 Metre						
Sat 17/09/2016	Finals (A & B)						
Sat 17/09/2016	1	335	Peter	Ilo SCVAC	57.56		2
Sat 17/09/2016	2	337	Tennyson	James EVAC	58.66		2
Sat 17/09/2016	3	364	Ludwig	Ramsey MMAC	59.00		2
Sat 17/09/2016	4	341	Bob	Lewis SCVAC	60.55		2
Sat 17/09/2016	5	363	Kevin	Pye MMAC	62.10		2
Sat 17/09/2016	6	306	Michael	Cornyn OPEN-IRL	62.55		2
Sat 17/09/2016	7	319	Michael	Farrell OPEN	64.37		1
Sat 17/09/2016	8	349	Iain	Moody MMAC	64.80		1
Sat 17/09/2016	9	314	Peter	Eckersley OPEN	65.23		1
Sat 17/09/2016	10	376	Andrew	Stewart VAC	68.63		1
Sat 17/09/2016	11	345	Michael	May VAC	1:23.40		1
Sat 17/09/2016	M60 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	422	Steve	Peters NMAC	58.23		
Sat 17/09/2016	2	385	Simon	Barrett SCVAC	60.87		
Sat 17/09/2016	3	391	Ian	Broadhurst WMAA	61.12		
Sat 17/09/2016	4	413	Ivars	Licietis EVAC	62.38		
Sat 17/09/2016	M65 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	483	Matthew	Slattery OPEN-IRL	63.65		
Sat 17/09/2016	2	469	Douglas	Lucas VAC	64.09		
Sat 17/09/2016	3	485	David	Spencer SCVAC	64.94		
Sat 17/09/2016	4	464	David	Hinds VAC	66.69		
Sat 17/09/2016	5	482	John	Skelton EVAC	68.52		
Sat 17/09/2016	M70 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	488	Terry	Bissett SCVAC	70.04		
Sat 17/09/2016	2	498	Albert	Eland NMAC	71.73		
Sat 17/09/2016	M75 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	527	Terry	Faulkner MMAC	1:20.97		
Sat 17/09/2016	2	535	Arthur	Kimber SCVAC	1:32.55		
Sat 17/09/2016	M90 400 Metre						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	562	Dalbir	Singh Deol VAC	2:22.23		
Sat 17/09/2016	W35 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	584	Anna	Lewis SWVAC	4:58.16		
Sat 17/09/2016	2	566	Emily	Alden VAC	5:03.19		
Sat 17/09/2016	3	582	Ruth	Jones SCVAC	5:28.01		
Sat 17/09/2016	4	568	Claire	Bruce WMAA	5:39.49		
Sat 17/09/2016	W40 1500 Metre Run						

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	618	Joanne Locker	VAC	4:49.41		
Sat 17/09/2016	2	625	Paula Richardson	MMAC	4:52.39		
Sat 17/09/2016	3	632	Claire Thompson	SVHC	5:07.07		
Sat 17/09/2016	4	619	Rachel Matthews	WMAA	5:12.20		
Sat 17/09/2016	5	600	Rachel Badham	VAC	5:15.08		
Sat 17/09/2016	W45 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	642	Sarah Everitt	MMAC	5:08.53		
Sat 17/09/2016	2	644	Susan Francis	SCVAC	5:15.74		
Sat 17/09/2016	3	655	Nicky Morgan	EVAC	5:25.66		
Sat 17/09/2016	4	645	Natasha Geere	NMAC	5:58.86		
Sat 17/09/2016	W50 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	683	Anne Gilshinan	OPEN-IRL	4:57.17		
Sat 17/09/2016	2	689	Zara Hyde-Peters	MMAC	5:02.39		
Sat 17/09/2016	3	712	Lisa Webb	VAC	5:13.01		
Sat 17/09/2016	4	670	Christine Anthony	EVAC	5:27.11		
Sat 17/09/2016	5	675	Cathryn Brady	OPEN-IRL	5:28.65		
Sat 17/09/2016	6	671	Julia Austin	EVAC	5:31.02		
Sat 17/09/2016	7	710	Alison Vesey	NMAC	6:02.02		
Sat 17/09/2016	W55 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	737	Fiona Matheson	SVHC	5:05.31		
Sat 17/09/2016	2	720	Karen Brooks	MMAC	5:24.93		
Sat 17/09/2016	3	731	Louise Jeffries	SWVAC	5:36.84		
Sat 17/09/2016	4	729	Jenny Hughes	SCVAC	5:57.49		
Sat 17/09/2016	W60 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	764	Anna Garnier	VAC	5:44.68		
Sat 17/09/2016	2	758	Elizabeth Bowers	SVHC	6:08.80		
Sat 17/09/2016	3	766	Phyllis Hands	SVHC	6:17.17		
Sat 17/09/2016	W65 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	785	Nancy Hitchmough	MMAC	5:49.56		
Sat 17/09/2016	2	791	Janette Stevenson	SVHC	5:54.70		
Sat 17/09/2016	3	789	Margaret Moody	VAC	6:23.17		
Sat 17/09/2016	4	778	Susan Barnett	EVAC	7:17.20		
Sat 17/09/2016	5	786	Sue James	SCVAC	7:24.08		
Sat 17/09/2016	W70 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	796	Patricia Gallagher	WMAA	6:59.58		
Sat 17/09/2016	2	797	Iris Hornsey	EVAC	8:05.20		
Sat 17/09/2016	W75 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	806	Betty Stracey	EVAC	8:15.09		
Sat 17/09/2016	W80 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	808	Anne Martin	EVAC	8:21.72		
Sat 17/09/2016	2	807	Pam Jones	VAC	8:43.48		
Sat 17/09/2016	M35 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	9	Aaron Brown	VAC	4:09.35		
Sat 17/09/2016	2	16	Sam Coombes	SCVAC	4:10.60		
Sat 17/09/2016	3	44	Duncan Mollison	SCVAC	4:16.18		
Sat 17/09/2016	4	26	Phil Gould	MMAC	4:16.94		
Sat 17/09/2016	5	2	Joe Ashley	SCVAC	4:18.39		
Sat 17/09/2016	6	34	Istvan Jacso	EVAC-HUN	4:20.52		
Sat 17/09/2016	7	36	Dean Kane	SVHC	4:29.78		

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	8	50	Carl	Platt	MMAC	4:31.24	
Sat 17/09/2016	9	51	Robert	Prady	WMAA	4:51.16	
Sat 17/09/2016	M40 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	102	Les	Newell	SCVAC	4:30.62	
Sat 17/09/2016	2	107	Dominic	O'Mahoney	SCVAC	4:31.43	
Sat 17/09/2016	3	87	Lee	Garland	WMAA	4:34.51	
Sat 17/09/2016	4	73	Richard	Clancy	NMAC	4:36.96	
Sat 17/09/2016	5	68	Rich	Berry	VAC	4:43.30	
Sat 17/09/2016	M45 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	186	Mark	Symes	SCVAC	4:26.03	
Sat 17/09/2016	2	154	Michael	Hunt	NMAC	4:27.69	
Sat 17/09/2016	3	181	David	Smith	MMAC	4:31.33	
Sat 17/09/2016	4	144	Ed	Fazakerley	NMAC	4:31.99	
Sat 17/09/2016	5	185	Darren	Symes	SCVAC	4:34.18	
Sat 17/09/2016	6	140	Robert	Datnow	VAC	4:36.59	
Sat 17/09/2016	7	145	Paul	Gaylor	SCVAC	4:37.65	
Sat 17/09/2016	8	156	Tim	Kimber	OPEN	4:42.36	
Sat 17/09/2016	9	137	Mark	Champion	SCVAC	4:43.25	
Sat 17/09/2016	10	139	Evatt	Cummings	WMAA	5:21.03	
Sat 17/09/2016	M50 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	266	Andrew	Ridley	VAC	4:25.11	
Sat 17/09/2016	2	197	Simon	Anderson	SWVAC	4:26.24	
Sat 17/09/2016	3	273	Brian	Scally	SVHC	4:51.03	
Sat 17/09/2016	4	268	Steve	Roberts	VAC	4:54.86	
Sat 17/09/2016	M55 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	304	David	Clarke	NIMAA	4:46.81	
Sat 17/09/2016	2	328	Benjamin	Hands	SVHC	4:48.64	
Sat 17/09/2016	3	321	Rob	Fox	MMAC	4:50.59	
Sat 17/09/2016	4	312	Steven	Doxey	NMAC	5:09.63	
Sat 17/09/2016	5	309	Alan	Dolton	SCVAC	5:53.95	
Sat 17/09/2016	M60 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	386	David	Bedwell	MMAC	5:01.98	
Sat 17/09/2016	2	428	Michael	Quinn	NMAC	5:24.04	
Sat 17/09/2016	3	445	Ian	Wright	MMAC	5:32.84	
Sat 17/09/2016	4	408	Bernard	Johnson	EVAC	5:36.56	
Sat 17/09/2016	5	398	Kevin	Dillon	NMAC	7:24.61	
Sat 17/09/2016	M65 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	482	John	Skelton	EVAC	5:01.57	
Sat 17/09/2016	2	475	David	Oxland	MMAC	5:04.51	
Sat 17/09/2016	3	472	Richard	Marks	WMAA	5:11.42	
Sat 17/09/2016	4	452	Michael	Bumstead	EVAC	5:23.88	
Sat 17/09/2016	5	465	David	Jones	MMAC	5:44.35	
Sat 17/09/2016	6	457	Peter	Duhig	EVAC	5:53.28	
Sat 17/09/2016	7	484	Ian	Snow	SWVAC	6:20.93	
Sat 17/09/2016	M70 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	502	Peter	Giles	VAC	5:32.31	
Sat 17/09/2016	2	490	Phil	Brennan	MMAC	6:03.37	
Sat 17/09/2016	3	516	Barrie	Roberts	WMAA	6:35.97	
Sat 17/09/2016	4	500	John	Garber	EVAC	6:50.11	
Sat 17/09/2016	M75 1500 Metre Run						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	542	Edmond	Simpson	VAC	7:02.96	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	W40 80 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	634	Paula Williams	MMAC	14.10	1.2	
Sat 17/09/2016	W50 80 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	701	Julie Rogers	MMAC	13.89	1.2	
Sat 17/09/2016	2	707	Marise Taylor	MMAC	16.01	1.2	
Sat 17/09/2016	3	708	Janice Timberlake	WMAA	16.04	1.2	
Sat 17/09/2016	W55 80 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	728	Jane Horder	MMAC	13.43	1.2	
Sat 17/09/2016	2	718	Mary Barrett	OPEN-IRL	16.02	1.2	
Sat 17/09/2016	W60 80 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	755	Lyn Ahmet	SCVAC	18.67	1.0	
Sat 17/09/2016	W65 80 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	781	Jean Fail	SWVAC	16.60	1.0	
Sat 17/09/2016	2	784	Sally Hine	MMAC	16.69	1.0	
Sat 17/09/2016	M80 80 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	548	Tony Bowman	NMAC	14.93	1.0	
Sat 17/09/2016	M50 100 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	206	Donald Brown	MMAC	14.74	1.2	
Sat 17/09/2016	2	219	Greg Dunson	MMAC	14.74	1.2	
Sat 17/09/2016	3	279	Neil Tunstall	SWVAC	14.79	1.2	
Sat 17/09/2016	4	224	Clarence Firstborn	SCVAC	14.84	1.2	
Sat 17/09/2016	5	264	Glen Reddington	SCVAC	15.62	1.2	
Sat 17/09/2016	6	211	Paul Canning	EVAC	17.90	1.2	
Sat 17/09/2016	M55 100 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	316	Paul Edwards	MMAC	17.51	1.4	
Sat 17/09/2016	2	366	Kirtley Robbins	MMAC	18.32	1.4	
Sat 17/09/2016	3	375	Pete Stepney	SCVAC	18.71	1.4	
Sat 17/09/2016	W35 100 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	567	Samantha Bickley-Vaile	SCVAC	16.40	1.1	
Sat 17/09/2016	2	580	Faye Holden	NMAC	21.21	1.1	
Sat 17/09/2016	M60 100 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	397	Gerald Daniel	EVAC	17.94	1.1	
Sat 17/09/2016	2	429	Robert Reynolds	OPEN	20.62	1.1	
Sat 17/09/2016	3	430	Rashpal Singh	MMAC	20.68	1.1	
Sat 17/09/2016	4	437	Ian Torode	SWVAC	21.68	1.1	
Sat 17/09/2016	M35 110 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	15	Liam Collins	NEMAA	14.43	0.1	
Sat 17/09/2016	2	19	Ger Cremin	OPEN-IRL	15.85	0.1	
Sat 17/09/2016	3	46	Clint Nicholls	EVAC	15.94	0.1	
Sat 17/09/2016	4	20	Matthew Dalton	EVAC	17.43	0.1	
Sat 17/09/2016	5	58	Darren Towart	NEMAA	18.19	0.1	
Sat 17/09/2016	M40 110 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	84	Mensah Elliott	SCVAC	14.26	1.1	
Sat 17/09/2016	2	82	Darren Dods	SCVAC	15.96	1.1	
Sat 17/09/2016	3	81	Peter Davey	SCVAC	16.78	1.1	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	4	77	Neil	Cox	SWVAC	17.24	1.1
Sat 17/09/2016	5	80	Kehinde	Dauda	SCVAC	18.85	1.1
Sat 17/09/2016	M45 110 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	173	David	Pearson	SWVAC	18.11	1.1
Sat 17/09/2016	2	195	Adam	Young	MMAC	18.46	1.1
Sat 17/09/2016	M80 200 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	548	Tony	Bowman	NMAC	40.48	0.9
Sat 17/09/2016	W50 300 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	701	Julie	Rogers	MMAC	52.01	
Sat 17/09/2016	W60 300 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	757	Fiona	Argent	VAC	67.68	
Sat 17/09/2016	2	755	Lyn	Ahmet	SCVAC	71.61	
Sat 17/09/2016	M60 300 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	391	Ian	Broadhurst	WMAA	48.41	
Sat 17/09/2016	2	397	Gerald	Daniel	EVAC	53.69	
Sat 17/09/2016	3	434	Duncan	Talbot	SCVAC	57.36	
Sat 17/09/2016	4	430	Rashpal	Singh	MMAC	60.17	
Sat 17/09/2016	W65 300 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	788	Emily	McMahon	EVAC	1:20.87	
Sat 17/09/2016	W70 300 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	701	Julie	Rogers	MMAC	52.01	
Sat 17/09/2016	W35 400 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	580	Faye	Holden	NMAC	1:29.04	
Sat 17/09/2016	W40 400 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	602	Sarah	Burke	VAC	67.05	
Sat 17/09/2016	2	633	Katrina	Wastenev	EVAC	1:24.93	
Sat 17/09/2016	W45 400 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	653	Monique	Krefting	SCVAC	66.37	
Sat 17/09/2016	2	646	Tamzin	Gribble	SWVAC	79.47	
Sat 17/09/2016	M35 400 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	42	Carl	McMullen	NMAC	59.60	
Sat 17/09/2016	2	56	Quinten	Stern	OPEN-NED	60.27	
Sat 17/09/2016	3	20	Matthew	Dalton	EVAC	60.79	
Sat 17/09/2016	4	58	Darren	Towart	NEMAA	60.91	
Sat 17/09/2016	5	3	Martin	Aspley-Davis	MMAC	61.70	
Sat 17/09/2016	6	46	Clint	Nicholls	EVAC	63.11	
Sat 17/09/2016	7	19	Ger	Cremin	OPEN-IRL	63.41	
Sat 17/09/2016	8	13	Andy	Cohen-Wray	EVAC	66.93	
Sat 17/09/2016	M40 400 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	82	Darren	Dods	SCVAC	62.38	
Sat 17/09/2016	2	92	Richard	Holt	SCVAC	63.63	
Sat 17/09/2016	3	80	Kehinde	Dauda	SCVAC	64.49	
Sat 17/09/2016	4	81	Peter	Davey	SCVAC	65.73	
Sat 17/09/2016	---	77	Neil	Cox	SWVAC	DNF	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	M45 400 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	134	Simon	Byway	SCVAC	65.77	
Sat 17/09/2016	2	180	David	Shortridge	SCVAC	1:20.55	
Sat 17/09/2016	3	178	Jay	Ruuska	OPEN-USA	1:21.53	
Sat 17/09/2016	M50 400 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	277	Jonathan	Tilt	SCVAC	60.32	
Sat 17/09/2016	2	279	Neil	Tunstall	SWVAC	61.44	
Sat 17/09/2016	M55 400 Hurdles						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	347	Jonathan	Metcalf	EVAC	68.38	
Sat 17/09/2016	2	349	Iain	Moody	MMAC	68.63	
Sat 17/09/2016	3	375	Pete	Stepney	SCVAC	72.85	
Sat 17/09/2016	4	371	Alan	Smith	VAC	76.29	
Sat 17/09/2016	M50 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	287	Mark	Williams	MMAC	14:12.71	
Sat 17/09/2016	2	210	Dwane	Butterly	MMAC	15:22.43	
Sat 17/09/2016	3	228	Andrew	Fraser	SVHC	19:04.64	
Sat 17/09/2016	4	255	Keith	Palmer	EVAC	19:31.17	
Sat 17/09/2016	M55 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	365	Francisco	Reis	SCVAC	14:10.94	
Sat 17/09/2016	M60 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	437	Ian	Torode	SWVAC	19:42.82	
Sat 17/09/2016	M65 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	449	Peter	Boszko	MMAC	16:50.76	
Sat 17/09/2016	---	478	Ian	Richards	VAC	DQ	
Sat 17/09/2016	M70 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	499	David	Fall	MMAC	21:01.65	
Sat 17/09/2016	M75 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	545	Ron	Stewart	NEMAA	23:54.32	
Sat 17/09/2016	W45 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	651	Lisa	Kehler	MMAC	14:55.42	
Sat 17/09/2016	2	657	Melanie	Peddle	EVAC	17:26.22	
Sat 17/09/2016	3	637	Julie	Bellfield	MMAC	17:51.35	
Sat 17/09/2016	4	650	Wendy	Kane	MMAC	17:54.13	
Sat 17/09/2016	W50 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	673	Wendy	Bennett	WMAA	17:08.58	
Sat 17/09/2016	2	672	Lynn	Bellfield	MMAC	19:20.70	
Sat 17/09/2016	W55 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	719	Fiona	Bishop	VAC	19:18.15	
Sat 17/09/2016	W60 3000 Metre Race Walk						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	777	Ann	Wheeler	MMAC	17:13.03	
Sat 17/09/2016	2	761	Cath	Duhig	EVAC	17:50.27	

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Date	Position	Bib Name	Club	Performance	W/S	Heat
Sat 17/09/2016	M80 3000 Metre Race Walk					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	557 Arthur	Thomson	VAC	19:01.00	
Sat 17/09/2016	2	553 Ken	Livermore	VAC	25:10.60	
Sat 17/09/2016	W35 High Jump					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	591 Heidi	Nicholas	EVAC	1.45m	
Sat 17/09/2016	2	571 Maria	Chacon	OPEN-ESP	1.40m	
Sat 17/09/2016	W40 High Jump					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	608 Claudia	Cubbage	SCVAC	1.35m	
Sat 17/09/2016	W50 High Jump					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	682 Melanie	Garland	WMAA	1.33m	
Sat 17/09/2016	2	708 Janice	Timberlake	WMAA	1.30m	
Sat 17/09/2016	W55 High Jump					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	744 Susan	Richardson	NMAC	1.30m	
Sat 17/09/2016	2	724 Teresa	Eades	SCVAC	1.27m	
Sat 17/09/2016	2	718 Mary	Barrett	OPEN-IRL	1.27m	
Sat 17/09/2016	4	722 Gaye	Clarke	EVAC	1.24m	
Sat 17/09/2016	5	717 Hazel	Barker	NMAC	1.18m	
Sat 17/09/2016	W65 High Jump					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	784 Sally	Hine	MMAC	1.12m	
Sat 17/09/2016	W35 Pole Vault					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	574 Jemma	Eastwood	EVAC	3.20m	
Sat 17/09/2016	2	583 Patrycja	Krawczyk	NMAC-POL	2.80m	
Sat 17/09/2016	W40 Pole Vault					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	604 Trudi	Carter	SWVAC	2.60m	
Sat 17/09/2016	2	608 Claudia	Cubbage	SCVAC	2.50m	
Sat 17/09/2016	3	616 Louise	Kelly	SCVAC	2.30m	
Sat 17/09/2016	W55 Pole Vault					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	724 Teresa	Eades	SCVAC	2.50m	
Sat 17/09/2016	W60 Pole Vault					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	759 Sue	Dassie	SCVAC	1.90m	
Sat 17/09/2016	W35 Long Jump					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	577 Joanne	Frost	WMAA	5.78m	1.5
Sat 17/09/2016	2	591 Heidi	Nicholas	EVAC	4.86m	1.0
Sat 17/09/2016	3	596 Lynsie	Whyke	NMAC	4.65m	1.2
Sat 17/09/2016	4	590 Rebecca	Mulley	SWVAC	3.97m	1.0
Sat 17/09/2016	5	586 Heather	Mballa	SCVAC	3.36m	1.3
Sat 17/09/2016	W40 Long Jump					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	623 Stephanie	Pain	EVAC	4.35m	0.6
Sat 17/09/2016	W45 Long Jump					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	653 Monique	Krefting	SCVAC	4.97m	0.6
Sat 17/09/2016	2	667 Amanda	Wale	WMAA	4.31m	0.9
Sat 17/09/2016	3	658 Margaret	Pope	VAC	4.07m	1.6
Sat 17/09/2016	4	638 Jackie	Breslin	SCVAC	3.55m	1.1

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	W50 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	708	Janice	Timberlake	WMAA	4.50m	1.7
Sat 17/09/2016	2	682	Melanie	Garland	WMAA	4.21m	1.8
Sat 17/09/2016	3	688	Paula	Hine	SWVAC	3.94m	1.5
Sat 17/09/2016	4	714	Lesley	Willis	MMAC	3.89m	+0.0
Sat 17/09/2016	5	707	Marise	Taylor	MMAC	3.53m	0.5
Sat 17/09/2016	W55 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	724	Teresa	Eades	SCVAC	4.19m	1.0
Sat 17/09/2016	2	744	Susan	Richardson	NMAC	4.14m	0.8
Sat 17/09/2016	3	742	Janice	Pryce	MMAC	4.08m	1.1
Sat 17/09/2016	4	748	Clare	St John-Coleman	WMAA	3.92m	0.4
Sat 17/09/2016	5	722	Gaye	Clarke	EVAC	3.89m	1.0
Sat 17/09/2016	6	751	Julie	Wakelam	MMAC	3.60m	0.7
Sat 17/09/2016	W60 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	763	Christine	Fry	SCVAC	3.55m	2.6
Sat 17/09/2016	2	755	Lyn	Ahmet	SCVAC	3.52m	1.8
Sat 17/09/2016	W65 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	793	Moira	West	SCVAC	3.52m	1.4
Sat 17/09/2016	2	788	Emily	McMahon	EVAC	3.45m	2.5
Sat 17/09/2016	3	784	Sally	Hine	MMAC	3.11m	NWI
Sat 17/09/2016	4	790	Linda	Oxlade	SCVAC	1.69m	1.1
Sat 17/09/2016	W75 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	804	Iris	Holder	WMAA	2.82m	1.1
Sat 17/09/2016	W80 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	808	Anne	Martin	EVAC	2.46m	1.2
Sat 17/09/2016	M35 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	11	Navid	Childs	WMAA	6.36m	3.0
Sat 17/09/2016	2	42	Carl	McMullen	NMAC	6.04m	2.8
Sat 17/09/2016	3	46	Clint	Nicholls	EVAC	5.92m	1.2
Sat 17/09/2016	4	37	Stephen	Leek	SVHC	5.91m	1.5
Sat 17/09/2016	M40 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	82	Darren	Dods	SCVAC	6.21m	1.7
Sat 17/09/2016	2	72	Stuart	Channon	VAC	5.84m	1.3
Sat 17/09/2016	3	80	Kehinde	Dauda	SCVAC	5.04m	1.3
Sat 17/09/2016	M45 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	160	Andy	Lewis	SCVAC	5.97m	1.5
Sat 17/09/2016	2	136	David	Carpenter	SVHC	5.79m	1.0
Sat 17/09/2016	3	182	Gary	Smith	EVAC	5.33m	1.2
Sat 17/09/2016	4	157	Andrew	Lawton	NMAC	4.04m	0.9
Sat 17/09/2016	M50 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	196	Ian	Allen	SWVAC	5.64m	+0.0
Sat 17/09/2016	2	232	Julien	Gittens	NMAC	5.34m	1.2
Sat 17/09/2016	3	282	Derek	Warn	SCVAC	5.05m	0.7
Sat 17/09/2016	4	283	Clifford	Warren	VAC	5.01m	1.6
Sat 17/09/2016	5	255	Keith	Palmer	EVAC	4.80m	1.2
Sat 17/09/2016	M55 Long Jump						
Sat 17/09/2016	Finals						

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	1	325	Paul	Guest	SWVAC	5.59m	0.7
Sat 17/09/2016	2	332	Henry	Hopkins	MMAC	4.89m	0.8
Sat 17/09/2016	3	371	Alan	Smith	VAC	4.68m	0.4
Sat 17/09/2016	4	308	Roderick	Davies	WMAA	4.26m	1.5
Sat 17/09/2016	5	345	Michael	May	VAC	3.39m	1.1
Sat 17/09/2016	M60 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	411	Mario	Lapka	SWVAC	4.62m	0.7
Sat 17/09/2016	2	439	Trevor	Wade	SCVAC	4.62m	2.5
Sat 17/09/2016	3	430	Rashpal	Singh	MMAC	4.49m	0.6
Sat 17/09/2016	4	389	David	Blunt	VAC	4.27m	2.4
Sat 17/09/2016	5	414	William	Lonsdale	SVHC	4.19m	+0.0
Sat 17/09/2016	6	396	Peter	Coote	MMAC	3.21m	1.4
Sat 17/09/2016	M65 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	487	Derek	Wardle	VAC	4.11m	1.2
Sat 17/09/2016	2	477	Patrick	Reynolds	VAC-IRL	3.24m	1.7
Sat 17/09/2016	M70 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	521	Roy	White	SCVAC	4.29m	3.4
Sat 17/09/2016	2	519	James	Smith	SVHC	4.14m	2.8
Sat 17/09/2016	3	506	Allan	Long	VAC	4.09m	1.6
Sat 17/09/2016	4	496	Peter	Daw	SWVAC	3.60m	1.4
Sat 17/09/2016	M75 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	539	John	Scott	SVHC	3.59m	1.3
Sat 17/09/2016	2	530	David	Haines	SCVAC	3.45m	2.6
Sat 17/09/2016	3	525	Roger	Bruck	SCVAC	3.14m	1.8
Sat 17/09/2016	M95 Long Jump						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	563	Charles	Eugster	VAC	1.21m	1.4
Sat 17/09/2016	W35 Shot Put						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	579	Monique	Heijns	OPEN-NED	9.93m	
Sat 17/09/2016	2	587	Debbie	McCaw	SCVAC-NZL	9.78m	
Sat 17/09/2016	3	569	Kerrie	Buckley	NMAC	9.68m	
Sat 17/09/2016	4	588	Lynette	McKeown	MMAC	8.07m	
Sat 17/09/2016	5	586	Heather	Mballa	SCVAC	7.94m	
Sat 17/09/2016	6	578	Margot	Griffiths	MMAC	6.36m	
Sat 17/09/2016	W40 Shot Put						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	634	Paula	Williams	MMAC	9.47m	
Sat 17/09/2016	2	629	Ros	Stansbury	OPEN	9.44m	
Sat 17/09/2016	3	616	Louise	Kelly	SCVAC	9.35m	
Sat 17/09/2016	4	614	Andrea	Jenkins	EVAC	9.24m	
Sat 17/09/2016	5	598	Cath	Alford	WMAA	8.97m	
Sat 17/09/2016	6	608	Claudia	Cubbage	SCVAC	8.94m	
Sat 17/09/2016	7	613	Sarah	Hewitt	SCVAC	8.89m	
Sat 17/09/2016	8	630	Clare	Taylor	SWVAC	8.66m	
Sat 17/09/2016	9	623	Stephanie	Pain	EVAC	7.29m	
Sat 17/09/2016	W45 Shot Put						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	654	Sue	Lawrence	SCVAC	9.44m	
Sat 17/09/2016	2	665	Camilla	Thrush	SCVAC	8.61m	
Sat 17/09/2016	3	662	Anita	Saunders	NMAC	6.66m	
Sat 17/09/2016	W50 Shot Put						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	676	Jacquelyn	Brett	SWVAC	10.71m	
Sat 17/09/2016	2	698	Barbara	Norris	VAC-SUI	9.63m	

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Date	Position	Bib Name	Club	Performance	W/S	Heat
Sat 17/09/2016	3	693 Karen	Llewelin	WMAA	8.53m	
Sat 17/09/2016	4	681 Lorna	Foster	MMAC	8.51m	
Sat 17/09/2016	5	705 Janet	Smith	SCVAC	8.40m	
Sat 17/09/2016	6	708 Janice	Timberlake	WMAA	7.95m	
Sat 17/09/2016	W55 Shot Put					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	718 Mary	Barrett	OPEN-IRL	10.21m	
Sat 17/09/2016	2	740 Deborah	Murch	MMAC	9.52m	
Sat 17/09/2016	3	721 Claire	Cameron	SVHC	9.10m	
Sat 17/09/2016	4	738 Lucy	Moore-Fox	VAC-IRL	8.70m	
Sat 17/09/2016	5	717 Hazel	Barker	NMAC	8.48m	
Sat 17/09/2016	6	723 Wendy	Dunsford	EVAC	7.99m	
Sat 17/09/2016	7	739 Angela	Morgan	SCVAC	7.16m	
Sat 17/09/2016	W60 Shot Put					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	775 Vilma	Thompson	SCVAC	8.96m	
Sat 17/09/2016	2	759 Sue	Dassie	SCVAC	7.73m	
Sat 17/09/2016	3	760 Anje	de Lang	OPEN-NED	7.43m	
Sat 17/09/2016	4	762 Carole	Filer	EVAC	7.05m	
Sat 17/09/2016	5	773 Ann	Rhodes	NMAC	5.15m	
Sat 17/09/2016	W70 Shot Put					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	799 Liz	Sissons	SCVAC	8.05m	
Sat 17/09/2016	M35 Discus Throw					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	21 David	Dowson	NEMAA	42.18m	
Sat 17/09/2016	2	46 Clint	Nicholls	EVAC	26.50m	
Sat 17/09/2016	M40 Discus Throw					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	78 Phil	Crawford	NEMAA	36.60m	
Sat 17/09/2016	2	117 Andrew	Thomas	OPEN	35.73m	
Sat 17/09/2016	3	82 Darren	Dods	SCVAC	35.62m	
Sat 17/09/2016	4	122 Daniel	Upton	VAC	30.65m	
Sat 17/09/2016	5	124 Ian	Williams	WMAA	25.12m	
Sat 17/09/2016	M45 Discus Throw					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	142 Paul	Derrien	SCVAC	37.20m	
Sat 17/09/2016	2	193 Perriss	Wilkins	MMAC	35.90m	
Sat 17/09/2016	3	138 Damian	Crawford	NIMAA	34.16m	
Sat 17/09/2016	4	151 Matthew	Hammond	NMAC	33.64m	
Sat 17/09/2016	5	147 Leeroy	Golding	NMAC	29.08m	
Sat 17/09/2016	M50 Discus Throw					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	286 Stephen	Whyte	EVAC	45.80m	
Sat 17/09/2016	2	207 Kevin	Brown	MMAC	45.09m	
Sat 17/09/2016	3	271 Stuart	Ryan	NEMAA	40.34m	
Sat 17/09/2016	4	202 David	Bauer	EVAC	39.53m	
Sat 17/09/2016	5	278 Anthony	Tipping	SCVAC	37.78m	
Sat 17/09/2016	6	209 David	Burrell	EVAC	37.72m	
Sat 17/09/2016	7	244 Paul	Kelly	SCVAC	37.25m	
Sat 17/09/2016	8	201 Tony	Balko	NMAC	34.69m	
Sat 17/09/2016	9	205 David	Brown	NMAC	33.75m	
Sat 17/09/2016	10	292 Paul	Young	NEMAA	30.99m	
Sat 17/09/2016	11	231 Jim	Gillespie	EVAC	26.58m	
Sat 17/09/2016	12	251 Chris	Michael	VAC	20.51m	
Sat 17/09/2016	13	255 Keith	Palmer	EVAC	17.80m	
Sat 17/09/2016	M55 Discus Throw					
Sat 17/09/2016	Finals					
Sat 17/09/2016	1	350 John	Moreland	MMAC	42.57m	
Sat 17/09/2016	2	300 Robert	Broadbridge	SWVAC	41.41m	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	3	361	Chris Privett	VAC	39.81m		
Sat 17/09/2016	4	340	Allan Leiper	SCVAC	37.05m		
Sat 17/09/2016	5	329	Michael Hausler	EVAC-GER	34.93m		
Sat 17/09/2016	6	295	Nick Barton	SCVAC	34.02m		
Sat 17/09/2016	7	379	Peter Wishart	VAC	31.20m		
Sat 17/09/2016	8	330	Paul Herron	OPEN-IRL	30.24m		
Sat 17/09/2016	9	362	Glyn Pugh	WMAA	29.57m		
Sat 17/09/2016	10	343	Wayne Martin	SCVAC	28.77m		
Sat 17/09/2016	11	293	Alex Ahmet	SCVAC	20.91m		
Sat 17/09/2016	M60 Discus Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	381	David Abernethy	NMAC	53.87m		
Sat 17/09/2016	2	436	Stephen Thomas	NMAC	40.73m		
Sat 17/09/2016	3	433	Trevor Straker	NEMAA	35.95m		
Sat 17/09/2016	4	421	Paul Oakes	EVAC	33.97m		
Sat 17/09/2016	5	442	John Wild	NEMAA	32.09m		
Sat 17/09/2016	6	384	Mike Bale	SCVAC	30.50m		
Sat 17/09/2016	7	419	Timothy Needham	EVAC	30.21m		
Sat 17/09/2016	8	396	Peter Coote	MMAC	26.52m		
Sat 17/09/2016	9	415	Derek Martin	NMAC	26.44m		
Sat 17/09/2016	M65 Discus Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	461	Neil Griffin	SCVAC	44.65m		
Sat 17/09/2016	2	486	Geoff Tyler	EVAC	43.85m		
Sat 17/09/2016	3	459	Michael Ferne	SCVAC	43.53m		
Sat 17/09/2016	4	479	Tony Richards	VAC	37.74m		
Sat 17/09/2016	5	476	Bill Renshaw	MMAC	36.30m		
Sat 17/09/2016	6	481	Bunt Scott	EVAC	33.76m		
Sat 17/09/2016	7	448	John Blackwell	EVAC	33.26m		
Sat 17/09/2016	8	477	Patrick Reynolds	VAC-IRL	22.72m		
Sat 17/09/2016	M70 Discus Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	504	Richard Jegou	MMAC	30.28m		
Sat 17/09/2016	2	501	John Gilbert	VAC	27.69m		
Sat 17/09/2016	3	495	Patrick Conboy	OPEN-IRL	25.17m		
Sat 17/09/2016	4	505	David Kuester	MMAC	24.96m		
Sat 17/09/2016	---	518	Swaran Singh Dhaliwal	MMAC-IND	DQ		
Sat 17/09/2016	M75 Discus Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	547	John Watts	NMAC	37.80m		
Sat 17/09/2016	2	543	James Sloan	NMAC	29.71m		
Sat 17/09/2016	3	538	Phil Rees	WMAA	20.97m		
Sat 17/09/2016	M80 Discus Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	550	Warwick Dixon	SCVAC	30.63m		
Sat 17/09/2016	2	555	Robin Sykes	SVHC	19.77m		
Sat 17/09/2016	M85 Discus Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	559	James Farrar	NMAC	13.82m		
Sat 17/09/2016	W50 Hammer Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	698	Barbara Norris	VAC-SUI	45.23m		
Sat 17/09/2016	2	705	Janet Smith	SCVAC	42.43m		
Sat 17/09/2016	3	694	Marion Loveridge	MMAC	39.38m		
Sat 17/09/2016	4	676	Jacquelyn Brett	SWVAC	38.23m		
Sat 17/09/2016	5	700	Paula Peaty	VAC	34.62m		
Sat 17/09/2016	6	713	Kim Weir	VAC	31.33m		
Sat 17/09/2016	7	693	Karen Llewellyn	WMAA	30.03m		
Sat 17/09/2016	8	681	Lorna Foster	MMAC	24.32m		
Sat 17/09/2016	W55 Hammer Throw						

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	751	Julie	Wakelam	MMAC	32.55m	
Sat 17/09/2016	2	740	Deborah	Murch	MMAC	31.45m	
Sat 17/09/2016	3	732	Karen	Jones	SWVAC	31.18m	
Sat 17/09/2016	4	723	Wendy	Dunsford	EVAC	29.88m	
Sat 17/09/2016	5	738	Lucy	Moore-Fox	VAC-IRL	28.77m	
Sat 17/09/2016	6	739	Angela	Morgan	SCVAC	26.33m	
Sat 17/09/2016	7	745	Brenda	Russell	EVAC	25.17m	
Sat 17/09/2016	8	746	Deborah	Singleton	VAC	24.80m	
Sat 17/09/2016	9	721	Claire	Cameron	SVHC	23.60m	
Sat 17/09/2016	10	722	Gaye	Clarke	EVAC	20.46m	
Sat 17/09/2016	11	734	Jill	Lamb	MMAC	17.14m	
Sat 17/09/2016	W60 Hammer Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	771	Renate	Prells	WMAA	31.65m	
Sat 17/09/2016	2	775	Vilma	Thompson	SCVAC	28.88m	
Sat 17/09/2016	3	773	Ann	Rhodes	NMAC	21.96m	
Sat 17/09/2016	W65 Hammer Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	790	Linda	Oxlade	SCVAC	14.74m	
Sat 17/09/2016	W70 Hammer Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	799	Liz	Sissons	SCVAC	22.09m	
Sat 17/09/2016	W75 Hammer Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	803	Trish	Hill	EVAC	30.39m	
Sat 17/09/2016	W35 Hammer Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016		1 587	Debbie	McCaw	SCVAC-NZL	46.01m	
Sat 17/09/2016		2 588	Lynette	McKeown	MMAC	45.90m	
Sat 17/09/2016		3 569	Kerrie	Buckley	NMAC	30.41m	
Sat 17/09/2016		4 578	Margot	Griffiths	MMAC	15.89m	
Sat 17/09/2016	W40 Hammer Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016		1 614	Andrea	Jenkins	EVAC	47.10m	
Sat 17/09/2016		2 629	Ros	Stansbury	OPEN	39.99m	
Sat 17/09/2016		3 630	Clare	Taylor	SWVAC	37.87m	
Sat 17/09/2016		4 611	Tracey	Gould	VAC	34.00m	
Sat 17/09/2016		5 613	Sarah	Hewitt	SCVAC	33.01m	
Sat 17/09/2016		6 598	Cath	Alford	WMAA	30.06m	
Sat 17/09/2016	W45 Hammer Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016		1 654	Sue	Lawrence	SCVAC	32.82m	
Sat 17/09/2016		2 665	Camilla	Thrush	SCVAC	28.00m	
Sat 17/09/2016	M35 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	5	Steven	Birse	NEMAA	51.11m	
Sat 17/09/2016	2	17	Ian	Corcoran	NMAC	40.45m	
Sat 17/09/2016	3	37	Stephen	Leek	SVHC	40.37m	
Sat 17/09/2016	4	58	Darren	Towart	NEMAA	34.37m	
Sat 17/09/2016	5	32	Stephen	Hollis	OPEN	28.75m	
Sat 17/09/2016	M40 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	67	Simon	Bennett	SWVAC	54.73m	
Sat 17/09/2016	2	113	David	Sketchley	OPEN	50.94m	
Sat 17/09/2016	3	97	Simon	Jones	NMAC	38.47m	
Sat 17/09/2016	4	116	Alec	Taylor	MMAC	35.23m	
Sat 17/09/2016	5	111	Greg	Richards	OPEN	34.32m	
Sat 17/09/2016	6	124	Ian	Williams	WMAA	32.73m	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	---	122	Daniel	Upton	VAC	FOUL	
Sat 17/09/2016	M45 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	138	Damian	Crawford	NIMAA	48.65m	
Sat 17/09/2016	M50 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	263	Trevor	Ratcliffe	SCVAC	52.55m	
Sat 17/09/2016	2	271	Stuart	Ryan	NEMAA	43.18m	
Sat 17/09/2016	3	209	David	Burrell	EVAC	42.98m	
Sat 17/09/2016	4	205	David	Brown	NMAC	38.21m	
Sat 17/09/2016	5	201	Tony	Balko	NMAC	32.96m	
Sat 17/09/2016	6	292	Paul	Young	NEMAA	29.06m	
Sat 17/09/2016	7	244	Paul	Kelly	SCVAC	27.95m	
Sat 17/09/2016	M55 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	353	Kevin	Murch	MMAC	51.31m	
Sat 17/09/2016	2	320	John	Fenton	SCVAC	43.74m	
Sat 17/09/2016	3	295	Nick	Barton	SCVAC	35.76m	
Sat 17/09/2016	4	329	Michael	Hausler	EVAC-GER	34.55m	
Sat 17/09/2016	5	293	Alex	Ahmet	SCVAC	26.13m	
Sat 17/09/2016	6	355	Sean	O'Keefe	VAC-IRL	23.35m	
Sat 17/09/2016	M60 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	415	Derek	Martin	NMAC	34.85m	
Sat 17/09/2016	2	426	Chris	Pruski	WMAA	32.47m	
Sat 17/09/2016	3	421	Paul	Oakes	EVAC	32.23m	
Sat 17/09/2016	4	396	Peter	Coote	MMAC	31.55m	
Sat 17/09/2016	5	442	John	Wild	NEMAA	31.25m	
Sat 17/09/2016	M65 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	479	Tony	Richards	VAC	32.45m	
Sat 17/09/2016	2	458	Joe	Eastwood	SCVAC	32.29m	
Sat 17/09/2016	3	481	Bunt	Scott	EVAC	31.79m	
Sat 17/09/2016	4	448	John	Blackwell	EVAC	26.61m	
Sat 17/09/2016	M70 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	493	Duncan	Chappell	SWVAC	31.50m	
Sat 17/09/2016	2	521	Roy	White	SCVAC	30.36m	
Sat 17/09/2016	3	496	Peter	Daw	SWVAC	29.94m	
Sat 17/09/2016	4	501	John	Gilbert	VAC	23.83m	
Sat 17/09/2016	5	505	David	Kuester	MMAC	22.89m	
Sat 17/09/2016	M75 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	523	Victor	Adcock	SCVAC	28.88m	
Sat 17/09/2016	2	537	David	Price	MMAC	25.54m	
Sat 17/09/2016	3	530	David	Haines	SCVAC	24.10m	
Sat 17/09/2016	4	544	Frank	Stewart	OPEN-IRL	23.68m	
Sat 17/09/2016	M80 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	550	Warwick	Dixon	SCVAC	19.22m	
Sat 17/09/2016	M85 Javelin Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	560	John	Kirkham	VAC	9.94m	
Sat 17/09/2016	W35 Weight Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	587	Debbie	McCaw	SCVAC-NZL	14.07m	
Sat 17/09/2016	2	588	Lynette	McKeown	MMAC	11.21m	
Sat 17/09/2016	3	569	Kerrie	Buckley	NMAC	9.35m	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sat 17/09/2016	W40 Weight Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	614	Andrea Jenkins	EVAC	14.62m		
Sat 17/09/2016	2	629	Ros Stansbury	OPEN	11.89m		
Sat 17/09/2016	3	598	Cath Alford	WMAA	10.13m		
Sat 17/09/2016	4	613	Sarah Hewitt	SCVAC	10.11m		
Sat 17/09/2016	5	611	Tracey Gould	VAC	9.51m		
Sat 17/09/2016	W45 Weight Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	654	Sue Lawrence	SCVAC	10.33m		
Sat 17/09/2016	2	665	Camilla Thrush	SCVAC	8.65m		
Sat 17/09/2016	W50 Weight Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	698	Barbara Norris	VAC-SUI	14.50m		
Sat 17/09/2016	2	705	Janet Smith	SCVAC	13.95m		
Sat 17/09/2016	3	694	Marion Loveridge	MMAC	12.70m		
Sat 17/09/2016	4	676	Jacquelyn Brett	SWVAC	11.72m		
Sat 17/09/2016	5	693	Karen Llewellyn	WMAA	9.74m		
Sat 17/09/2016	6	713	Kim Weir	VAC	9.49m		
Sat 17/09/2016	W55 Weight Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	740	Deborah Murch	MMAC	10.71m		
Sat 17/09/2016	2	721	Claire Cameron	SVHC	9.75m		
Sat 17/09/2016	3	738	Lucy Moore-Fox	VAC-IRL	9.29m		
Sat 17/09/2016	4	723	Wendy Dunsford	EVAC	9.10m		
Sat 17/09/2016	5	745	Brenda Russell	EVAC	7.80m		
Sat 17/09/2016	6	739	Angela Morgan	SCVAC	7.76m		
Sat 17/09/2016	W60 Weight Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	775	Vilma Thompson	SCVAC	11.34m		
Sat 17/09/2016	2	759	Sue Dassie	SCVAC	9.57m		
Sat 17/09/2016	3	771	Renate Prells	WMAA	8.74m		
Sat 17/09/2016	W65 Weight Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	790	Linda Oxlade	SCVAC	7.25m		
Sat 17/09/2016	W70 Weight Throw						
Sat 17/09/2016	Finals						
Sat 17/09/2016	1	799	Liz Sissons	SCVAC	7.44m		
Sun 18/09/2016	W35 200 Metre						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	593	Katie Skelding	VAC	26.20	+0.0	
Sun 18/09/2016	2	594	Claire Spurway	SCVAC	26.63	+0.0	
Sun 18/09/2016	3	565	Naana Adusei	NMAC	27.30	+0.0	
Sun 18/09/2016	4	570	Karen Burles	SCVAC	27.45	+0.0	
Sun 18/09/2016	W40 200 Metre						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	631	Michelle Thomas	WMAA	27.55	+0.0	
Sun 18/09/2016	2	627	Claire Smith	EVAC	28.26	+0.0	
Sun 18/09/2016	3	612	Cat Goulder-Davies	MMAC	28.48	+0.0	
Sun 18/09/2016	4	623	Stephanie Pain	EVAC	29.76	+0.0	
Sun 18/09/2016	5	620	Kathryn Miles	SCVAC	30.18	+0.0	
Sun 18/09/2016	6	610	Sharon Dooley	SCVAC	30.21	+0.0	
Sun 18/09/2016	7	603	Andrea Burnett	MMAC	32.90	+0.0	
Sun 18/09/2016	W45 200 Metre						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	662	Anita Saunders	NMAC	28.61	-1.9	
Sun 18/09/2016	2	643	Joanna Flowers	VAC	28.81	-1.9	
Sun 18/09/2016	3	666	Sue Van Vuuren	SCVAC	29.40	-1.9	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat	
Sun 18/09/2016	4	663	Juliet	Sidney	WMAA	30.02	-1.9	
Sun 18/09/2016	5	667	Amanda	Wale	WMAA	30.42	-1.9	
Sun 18/09/2016	6	661	Deborah	Ricci	MMAC	30.55	-1.9	
Sun 18/09/2016	W50 200 Metre							
Sun 18/09/2016	Finals							
Sun 18/09/2016	1	674	Tracy	Bezance	EVAC	28.86	+0.0	
Sun 18/09/2016	2	687	Jayne	Henderson	NEMAA	29.13	+0.0	
Sun 18/09/2016	3	677	Yolanda	Broek	VAC-NED	29.62	+0.0	
Sun 18/09/2016	4	706	Fiona	Steele	SVHC	30.10	+0.0	
Sun 18/09/2016	5	711	Michele	Wakefield	SCVAC	30.69	+0.0	
Sun 18/09/2016	6	690	Judy	Johnson	MMAC	31.00	+0.0	
Sun 18/09/2016	7	704	Catkin	Shelley	VAC	31.24	+0.0	
Sun 18/09/2016	8	682	Melanie	Garland	WMAA	32.37	+0.0	
Sun 18/09/2016	W55 200 Metre							
Sun 18/09/2016	Finals							
Sun 18/09/2016	1	752	Elizabeth	Welbourn	EVAC	30.20	1.3	
Sun 18/09/2016	2	733	Angela	Kelly	NMAC	31.70	1.3	
Sun 18/09/2016	3	747	Angela	Sonn	WMAA	32.60	1.3	
Sun 18/09/2016	4	749	Tessa	Stephenson	EVAC	32.90	1.3	
Sun 18/09/2016	W60 200 Metre							
Sun 18/09/2016	Finals							
Sun 18/09/2016	1	770	Caroline	Powell	SWVAC	29.57	0.5	
Sun 18/09/2016	2	776	Joan	Trimble	SCVAC	31.54	0.5	
Sun 18/09/2016	3	767	Tilly	Jacobs	OPEN-NED	31.65	0.5	
Sun 18/09/2016	4	756	Carol	Alker	EVAC	33.33	0.5	
Sun 18/09/2016	5	769	Anne	Nelson	VAC	34.80	0.5	
Sun 18/09/2016	W65 200 Metre							
Sun 18/09/2016	Finals							
Sun 18/09/2016	1	794	Hendricka	White	SCVAC	32.63	+0.0	
Sun 18/09/2016	2	787	Caroline	Marler	NMAC	32.83	+0.0	
Sun 18/09/2016	3	782	Brenda	Fee	VAC	33.16	+0.0	
Sun 18/09/2016	4	784	Sally	Hine	MMAC	34.38	+0.0	
Sun 18/09/2016	5	786	Sue	James	SCVAC	39.26	+0.0	
Sun 18/09/2016	W70 200 Metre							
Sun 18/09/2016	Finals							
Sun 18/09/2016	1	797	Iris	Hornsey	EVAC	42.54	0.6	
Sun 18/09/2016	2	800	Patricia	Stanley	SWVAC	45.55	0.6	
Sun 18/09/2016	W75 200 Metre							
Sun 18/09/2016	Finals							
Sun 18/09/2016	1	805	Kathleen	Stewart	NEMAA	38.18	0.6	
Sun 18/09/2016	2	804	Iris	Holder	WMAA	39.29	0.6	
Sun 18/09/2016	3	802	Dorothy	Fraser	WMAA	44.71	0.6	
Sun 18/09/2016	W80 200 Metre							
Sun 18/09/2016	Finals							
Sun 18/09/2016	1	808	Anne	Martin	EVAC	44.55	0.6	
Sun 18/09/2016	M35 200 Metre							
Sun 18/09/2016	Finals (A & B)							
Sun 18/09/2016	1	31	Daniel	Hill	EVAC	22.64	1.1	2
Sun 18/09/2016	2	7	Dominic	Bradley	MMAC	22.91	1.1	2
Sun 18/09/2016	3	53	Alan	Robertson	SVHC	23.09	0.2	1
Sun 18/09/2016	4	47	Ben	Owen	MMAC	23.10	1.1	2
Sun 18/09/2016	5	10	Anthony	Browne	NMAC	23.24	1.1	2
Sun 18/09/2016	6	4	Adam	Bellis	SCVAC	23.32	1.1	2
Sun 18/09/2016	7	27	Peter	Hall	MMAC	23.70	0.2	1
Sun 18/09/2016	8	14	James	Colclough	OPEN	24.10	0.2	1
Sun 18/09/2016	9	58	Darren	Towart	NEMAA	24.50	0.2	1
Sun 18/09/2016	10	46	Clint	Nicholls	EVAC	25.38	0.2	1
Sun 18/09/2016	M40 200 Metre							
Sun 18/09/2016	Finals							

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	1	108	Esmei	Ossai	SCVAC	22.33	1.5
Sun 18/09/2016	2	125	Joshua	Wood	SCVAC	23.44	1.5
Sun 18/09/2016	3	119	Jim	Tipper	MMAC	23.47	1.5
Sun 18/09/2016	4	89	Ciaran	Harvey	SCVAC	23.65	1.5
Sun 18/09/2016	5	74	Mark	Collins	EVAC	23.67	1.5
Sun 18/09/2016	6	103	Paul	North	MMAC	26.02	1.5
Sun 18/09/2016	7	86	Paul	Evans	WMAA	27.65	1.5
Sun 18/09/2016	---	104	Robert	North	MMAC	DQ	1.5
Sun 18/09/2016	M45 200 Metre	8 Advance: Top 3 Each Heat plus Next 2 Best Times					
Sun 18/09/2016	Heat 1						
Sun 18/09/2016		1	167 Giuseppe	Minetti	SCVAC	24.62	Q 0.3
Sun 18/09/2016		2	192 Martin	White	MMAC	25.06	Q 0.3
Sun 18/09/2016		3	184 David	Swalwell	NEMAA	25.28	Q 0.3
Sun 18/09/2016		4	147 Leeroy	Golding	NMAC	25.72	q 0.3
Sun 18/09/2016		5	191 Daniel	Tomlinson	SCVAC	25.75	q 0.3
Sun 18/09/2016		6	168 James	Morgan	WMAA	25.93	0.3
Sun 18/09/2016	Heat 2						
Sun 18/09/2016		1	179 Darren	Scott	SCVAC	23.06	Q -0.9
Sun 18/09/2016		2	183 Julian	Smith	EVAC	25.33	Q -0.9
Sun 18/09/2016		3	136 David	Carpenter	SVHC	25.68	Q -0.9
Sun 18/09/2016		4	188 Stephen	Terry-Short	MMAC	26.34	-0.9
Sun 18/09/2016		5	178 Jay	Ruuska	OPEN-USA	28.50	-0.9
Sun 18/09/2016	M45 200 Metre						
Sun 18/09/2016	Finals						
Sun 18/09/2016		1	179 Darren	Scott	SCVAC	22.96	+0.0
Sun 18/09/2016		2	167 Giuseppe	Minetti	SCVAC	24.25	+0.0
Sun 18/09/2016		3	192 Martin	White	MMAC	24.96	+0.0
Sun 18/09/2016		4	184 David	Swalwell	NEMAA	25.12	+0.0
Sun 18/09/2016		5	183 Julian	Smith	EVAC	25.28	+0.0
Sun 18/09/2016		6	191 Daniel	Tomlinson	SCVAC	25.69	+0.0
Sun 18/09/2016		7	136 David	Carpenter	SVHC	25.78	+0.0
Sun 18/09/2016		8	147 Leeroy	Golding	NMAC	26.09	+0.0
Sun 18/09/2016	M50 200 Metre	8 Advance: Top 3 Each Heat plus Next 2 Best Times					
Sun 18/09/2016	Heat 1						
Sun 18/09/2016		1	248 Tony	Leigh	MMAC	24.82	Q 1.6
Sun 18/09/2016		2	260 Dalton	Powell	MMAC	25.01	Q 1.6
Sun 18/09/2016		3	203 Steve	Beak	SCVAC	25.09	Q 1.6
Sun 18/09/2016		4	277 Jonathan	Tilt	SCVAC	26.13	1.6
Sun 18/09/2016		5	288 Paul	Williams	WMAA	26.91	1.6
Sun 18/09/2016		6	284 Richard	Weekes	VAC	30.61	1.6
Sun 18/09/2016	Heat 2						
Sun 18/09/2016		1	206 Donald	Brown	MMAC	24.97	Q +0.0
Sun 18/09/2016		2	208 Anthony	Burniston	NMAC	25.26	Q +0.0
Sun 18/09/2016		3	258 Erskine	Peters	EVAC-TRI	25.33	Q +0.0
Sun 18/09/2016		4	279 Neil	Tunstall	SWVAC	25.53	q +0.0
Sun 18/09/2016		5	245 David	Kemp	SCVAC	26.02	q +0.0
Sun 18/09/2016		6	243 Mike	Jones	OPEN	26.17	+0.0
Sun 18/09/2016	M50 200 Metre						
Sun 18/09/2016	Finals						
Sun 18/09/2016		1	248 Tony	Leigh	MMAC	24.41	0.9
Sun 18/09/2016		2	206 Donald	Brown	MMAC	24.45	0.9
Sun 18/09/2016		3	203 Steve	Beak	SCVAC	24.85	0.9
Sun 18/09/2016		4	258 Erskine	Peters	EVAC-TRI	25.08	0.9
Sun 18/09/2016		5	208 Anthony	Burniston	NMAC	25.22	0.9
Sun 18/09/2016		6	279 Neil	Tunstall	SWVAC	25.46	0.9
Sun 18/09/2016		---	260 Dalton	Powell	MMAC	DNF	0.9
Sun 18/09/2016	M55 200 Metre	8 Advance: Top 2 Each Heat plus Next 2 Best Times					
Sun 18/09/2016	Heat 1						
Sun 18/09/2016		1	342 Pat	Logan	NIMAA	25.48	Q +0.0
Sun 18/09/2016		2	335 Peter	Ilo	SCVAC	25.61	Q +0.0
Sun 18/09/2016		3	369 Shane	Sheridan	OPEN-IRL	25.87	q +0.0
Sun 18/09/2016		4	303 Kevin	Burgess	EVAC	26.16	+0.0
Sun 18/09/2016		5	339 Gary	Leek	SVHC	26.42	+0.0

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Date	Position	Bib Name	Club	Performance	W/S	Heat
Sun 18/09/2016		6 345 Michael	May	VAC	30.39	+0.0
Sun 18/09/2016		7 376 Andrew	Stewart	VAC	30.56	+0.0
Sun 18/09/2016	Heat 2					
Sun 18/09/2016		1 325 Paul	Guest	SWVAC	25.91	Q +0.0
Sun 18/09/2016		2 318 Mark	Ellery	SWVAC	26.24	Q +0.0
Sun 18/09/2016		3 374 John	Statham	MMAC	26.82	+0.0
Sun 18/09/2016		4 301 Dominic	Browne	MMAC	27.72	+0.0
Sun 18/09/2016		5 366 Kirtley	Robbins	MMAC	29.31	+0.0
Sun 18/09/2016	Heat 3					
Sun 18/09/2016		1 334 Ricardo	Huskisson	EVAC	25.38	Q 0.9
Sun 18/09/2016		2 337 Tennyson	James	EVAC	26.02	Q 0.9
Sun 18/09/2016		3 310 Dougie	Donald	MMAC	26.08	q 0.9
Sun 18/09/2016		4 341 Bob	Lewis	SCVAC	26.50	0.9
Sun 18/09/2016		5 333 Andy	Hunter	NMAC	27.11	0.9
Sun 18/09/2016		6 308 Roderick	Davies	WMAA	29.23	0.9
Sun 18/09/2016	M55 200 Metre					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	342 Pat	Logan	NIMAA	24.47	0.1
Sun 18/09/2016	2	334 Ricardo	Huskisson	EVAC	24.68	0.1
Sun 18/09/2016	3	335 Peter	Ilo	SCVAC	25.49	0.1
Sun 18/09/2016	4	325 Paul	Guest	SWVAC	25.57	0.1
Sun 18/09/2016	5	369 Shane	Sheridan	OPEN-IRL	25.65	0.1
Sun 18/09/2016	6	337 Tennyson	James	EVAC	25.80	0.1
Sun 18/09/2016	7	318 Mark	Ellery	SWVAC	26.37	0.1
Sun 18/09/2016	M60 200 Metre					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	422 Steve	Peters	NMAC	24.90	0.8
Sun 18/09/2016	2	391 Ian	Broadhurst	WMAA	26.55	0.8
Sun 18/09/2016	3	385 Simon	Barrett	SCVAC	26.77	0.8
Sun 18/09/2016	4	413 Ivars	Licietis	EVAC	27.61	0.8
Sun 18/09/2016	5	395 Jon	Clarke	NMAC	32.60	0.8
Sun 18/09/2016	M65 200 Metre					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	469 Douglas	Lucas	VAC	27.92	-0.9
Sun 18/09/2016	2	473 John	McGarry	SVHC	28.32	-0.9
Sun 18/09/2016	3	483 Matthew	Slattery	OPEN-IRL	28.40	-0.9
Sun 18/09/2016	4	464 David	Hinds	VAC	28.54	-0.9
Sun 18/09/2016	5	485 David	Spencer	SCVAC	29.09	-0.9
Sun 18/09/2016	6	454 Tom	Clinton	OPEN-IRL	31.50	-0.9
Sun 18/09/2016	7	477 Patrick	Reynolds	VAC-IRL	36.53	-0.9
Sun 18/09/2016	---	468 Geoffrey	Kitchener	VAC	DNF	-0.9
Sun 18/09/2016	M70 200 Metre					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	511 Victor	Novell	SCVAC	28.54	+0.0
Sun 18/09/2016	2	506 Allan	Long	VAC	29.38	+0.0
Sun 18/09/2016	3	519 James	Smith	SVHC	29.98	+0.0
Sun 18/09/2016	4	488 Terry	Bissett	SCVAC	42.42	+0.0
Sun 18/09/2016	M75 200 Metre					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	526 Alan	Carter	EVAC	32.53	0.5
Sun 18/09/2016	2	527 Terry	Faulkner	MMAC	33.19	0.5
Sun 18/09/2016	3	525 Roger	Bruck	SCVAC	34.64	0.5
Sun 18/09/2016	M80 200 Metre					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	548 Tony	Bowman	NMAC	32.54	0.5
Sun 18/09/2016	M85 200 Metre					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	558 George	Cheetham	MMAC	41.79	-0.9
Sun 18/09/2016	M90 200 Metre					
Sun 18/09/2016	Finals					

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Date	Position	Bib Name	Club	Performance	W/S	Heat
Sun 18/09/2016	1	562 Dalbir	Singh Deol	VAC	55.57	-0.9
Sun 18/09/2016	W35 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	580 Faye	Holden	NMAC	3:02.17	
Sun 18/09/2016	W40 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	618 Joanne	Locker	VAC	2:23.05	
Sun 18/09/2016	2	619 Rachel	Matthews	WMAA	2:27.48	
Sun 18/09/2016	3	601 Lourdes	Bradley	NEMAA-ESP	2:35.35	
Sun 18/09/2016	4	624 Delphine	Pearson	NMAC	2:47.37	
Sun 18/09/2016	W45 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	639 Clare	Constable	NMAC	2:24.02	
Sun 18/09/2016	2	648 Emma	Hollinshead	MMAC	2:27.09	
Sun 18/09/2016	3	642 Sarah	Everitt	MMAC	2:27.23	
Sun 18/09/2016	4	640 Rachel	Coupe	MMAC	2:27.47	
Sun 18/09/2016	5	645 Natasha	Geere	NMAC	2:50.93	
Sun 18/09/2016	W50 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	683 Anne	Gilshinan	OPEN-IRL	2:21.49	
Sun 18/09/2016	2	716 Alison	Wood	EVAC	2:31.49	
Sun 18/09/2016	3	712 Lisa	Webb	VAC	2:33.42	
Sun 18/09/2016	4	670 Christine	Anthony	EVAC	2:35.67	
Sun 18/09/2016	5	675 Cathryn	Brady	OPEN-IRL	2:36.15	
Sun 18/09/2016	6	699 Katrina	Oddy	NMAC	2:40.95	
Sun 18/09/2016	7	671 Julia	Austin	EVAC	2:44.42	
Sun 18/09/2016	8	704 Catkin	Shelley	VAC	2:45.62	
Sun 18/09/2016	9	692 Sue	Kneill-Boxley	MMAC	2:49.87	
Sun 18/09/2016	W55 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	737 Fiona	Matheson	SVHC	2:34.63	
Sun 18/09/2016	2	720 Karen	Brooks	MMAC	2:35.88	
Sun 18/09/2016	3	731 Louise	Jeffries	SWVAC	2:41.76	
Sun 18/09/2016	4	725 Jan	Ellacott	SWVAC	2:51.17	
Sun 18/09/2016	5	753 Hilary	West	NMAC	2:53.29	
Sun 18/09/2016	W60 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	766 Phyllis	Hands	SVHC	3:09.76	
Sun 18/09/2016	W65 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	785 Nancy	Hitchmough	MMAC	2:46.45	
Sun 18/09/2016	2	787 Caroline	Marler	NMAC	3:02.05	
Sun 18/09/2016	3	778 Susan	Barnett	EVAC	3:27.28	
Sun 18/09/2016	4	786 Sue	James	SCVAC	3:34.12	
Sun 18/09/2016	W70 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	796 Patricia	Gallagher	WMAA	3:17.13	
Sun 18/09/2016	W75 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	805 Kathleen	Stewart	NEMAA	3:45.52	
Sun 18/09/2016	2	806 Betty	Tracey	EVAC	4:03.53	
Sun 18/09/2016	W80 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	808 Anne	Martin	EVAC	4:10.97	
Sun 18/09/2016	M35 800 Metre Run					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	9 Aaron	Brown	VAC	1:59.55	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	2	60	James	Wardman	OPEN	2:01.13	
Sun 18/09/2016	3	12	Paul	Clarke	WMAA	2:01.36	
Sun 18/09/2016	4	54	Iain	Robertson	OPEN	2:01.98	
Sun 18/09/2016	5	35	Jevgeni	Judin	SWVAC	2:03.45	
Sun 18/09/2016	6	1	David	Allworthy	OPEN	2:04.46	
Sun 18/09/2016	7	2	Joe	Ashley	SCVAC	2:07.24	
Sun 18/09/2016	8	36	Dean	Kane	SVHC	2:11.26	
Sun 18/09/2016	---	16	Sam	Coombes	SCVAC	DNF	
Sun 18/09/2016	---	42	Carl	McMullen	NMAC	DNF	
Sun 18/09/2016	M40 800 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	121	Marc	Turner	MMAC	2:04.79	
Sun 18/09/2016	2	71	Andrew	Cartwright	NMAC	2:05.11	
Sun 18/09/2016	3	70	Liam	Byrne	OPEN	2:06.24	
Sun 18/09/2016	4	123	Christopher	Westcott	EVAC	2:06.28	
Sun 18/09/2016	5	106	Paul	O'Hare	SVHC	2:12.28	
Sun 18/09/2016	6	98	Jason	Kabel	OPEN	2:14.65	
Sun 18/09/2016	M45 800 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	190	Mike	Toal	NMAC	2:01.73	
Sun 18/09/2016	2	186	Mark	Symes	SCVAC	2:03.53	
Sun 18/09/2016	3	154	Michael	Hunt	NMAC	2:03.53	
Sun 18/09/2016	4	126	Nick	Andrews	OPEN	2:08.11	
Sun 18/09/2016	5	132	Richard	Bruce	SWVAC	2:08.77	
Sun 18/09/2016	6	140	Robert	Datnow	VAC	2:10.26	
Sun 18/09/2016	7	150	Adrian	Haines	SCVAC	2:11.31	
Sun 18/09/2016	8	155	Nick	Jacobs	SCVAC	2:12.88	
Sun 18/09/2016	9	162	Sean	Maley	NEMAA	2:14.54	
Sun 18/09/2016	10	156	Tim	Kimber	OPEN	2:19.99	
Sun 18/09/2016	11	131	Tommy	Brannon	NEMAA	2:20.76	
Sun 18/09/2016	12	146	Gareth	George	VAC	2:40.96	
Sun 18/09/2016	M50 800 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	266	Andrew	Ridley	VAC	2:06.68	
Sun 18/09/2016	2	197	Simon	Anderson	SWVAC	2:09.34	
Sun 18/09/2016	3	290	Tony	Wright	SWVAC	2:11.48	
Sun 18/09/2016	4	273	Brian	Scally	SVHC	2:12.85	
Sun 18/09/2016	5	216	Brett	Davis	WMAA	2:15.58	
Sun 18/09/2016	6	217	Norman	De Bruin	NEMAA	2:16.35	
Sun 18/09/2016	7	269	Tony	Roberts	EVAC	2:16.90	
Sun 18/09/2016	8	250	Jonny	Lowe	MMAC	2:17.56	
Sun 18/09/2016	9	234	John	Greig	VAC	2:18.68	
Sun 18/09/2016	10	225	Ian	Fitzpatrick	NMAC	2:20.61	
Sun 18/09/2016	M55 800 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	364	Ludwig	Ramsey	MMAC	2:17.51	
Sun 18/09/2016	2	347	Jonathan	Metcalf	EVAC	2:18.44	
Sun 18/09/2016	3	321	Rob	Fox	MMAC	2:19.45	
Sun 18/09/2016	4	315	Dennis	Edghill	EVAC	2:20.00	
Sun 18/09/2016	5	311	John	Donaldson	EVAC	2:25.86	
Sun 18/09/2016	6	351	Peter	Mountain	SWVAC	2:26.35	
Sun 18/09/2016	7	306	Michael	Cornyn	OPEN-IRL	2:26.53	
Sun 18/09/2016	8	363	Kevin	Pye	MMAC	2:31.95	
Sun 18/09/2016	9	314	Peter	Eckersley	OPEN	2:34.18	
Sun 18/09/2016	10	376	Andrew	Stewart	VAC	2:39.22	
Sun 18/09/2016	11	307	Austin	Davies	WMAA	2:43.04	
Sun 18/09/2016	12	344	Paul	Mathie	MMAC	3:15.30	
Sun 18/09/2016	M60 800 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	413	Ivars	Licietis	EVAC	2:37.77	
Sun 18/09/2016	2	410	Graham	Lamb	MMAC	2:45.38	
Sun 18/09/2016	3	387	David	Bell	EVAC	3:04.74	
Sun 18/09/2016	4	398	Kevin	Dillon	NMAC	3:37.28	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	M65 800 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	475	David Oxland	MMAC	2:28.93		
Sun 18/09/2016	2	467	Peter Kennedy	VAC	2:34.33		
Sun 18/09/2016	3	455	Ed Connolly	VAC	2:35.48		
Sun 18/09/2016	4	484	Ian Snow	SWVAC	2:47.75		
Sun 18/09/2016	5	457	Peter Duhig	EVAC	2:52.91		
Sun 18/09/2016	M70 800 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	517	Rod Scholes	NMAC	2:43.31		
Sun 18/09/2016	2	498	Albert Eland	NMAC	2:50.40		
Sun 18/09/2016	3	502	Peter Giles	VAC	2:51.65		
Sun 18/09/2016	4	490	Phil Brennan	MMAC	3:04.06		
Sun 18/09/2016	5	516	Barrie Roberts	WMAA	3:06.64		
Sun 18/09/2016	6	500	John Garber	EVAC	3:11.33		
Sun 18/09/2016	M75 800 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	524	John Batchelor	VAC	2:56.08		
Sun 18/09/2016	W35 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	585	Carla Maley	NEMAA	18:37.88		
Sun 18/09/2016	2	572	Catherine Charlton	MMAC	19:40.33		
Sun 18/09/2016	3	568	Claire Bruce	WMAA	20:09.24		
Sun 18/09/2016	W40 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	625	Paula Richardson	MMAC	17:40.30		
Sun 18/09/2016	2	609	Fiona Davies	NMAC	18:08.64		
Sun 18/09/2016	3	606	Lesley Chisholm	SVHC	18:14.23		
Sun 18/09/2016	4	626	Lucy Robinson	VAC	20:27.73		
Sun 18/09/2016	W45 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	649	Clare Jolliffe	MMAC	19:45.34		
Sun 18/09/2016	W50 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	685	Tracey Greenway	MMAC	19:50.03		
Sun 18/09/2016	2	697	Jackie Newton	NMAC	20:23.61		
Sun 18/09/2016	3	709	Catherine Ulliott	VAC	20:48.67		
Sun 18/09/2016	4	680	Cathy Flitcroft	NMAC	21:12.66		
Sun 18/09/2016	5	684	Helen Grant	EVAC	21:51.57		
Sun 18/09/2016	6	710	Alison Vesey	NMAC	21:56.71		
Sun 18/09/2016	7	686	Elke Hausler	EVAC-GER	22:08.18		
Sun 18/09/2016	W55 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	737	Fiona Matheson	SVHC	17:55.87		
Sun 18/09/2016	2	754	Monica Williamson	MMAC	19:53.61		
Sun 18/09/2016	3	750	Susie Tawney	MMAC	20:47.00		
Sun 18/09/2016	4	729	Jenny Hughes	SCVAC	21:15.06		
Sun 18/09/2016	5	743	Val Purnell	SCVAC	21:47.40		
Sun 18/09/2016	W60 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	764	Anna Garnier	VAC	20:57.90		
Sun 18/09/2016	2	774	Maggie Statham	VAC	21:25.23		
Sun 18/09/2016	W65 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	789	Margaret Moody	VAC	22:03.37		
Sun 18/09/2016	2	780	Barbara Brown	NMAC	22:45.64		
Sun 18/09/2016	W70 5000 Metre Run						

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	798	Pauline Rich	VAC	25:11.92		
Sun 18/09/2016	W80 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	807	Pam Jones	VAC	30:23.17		
Sun 18/09/2016	M35 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	62	Martin Williams	SVHC	15:57.68		
Sun 18/09/2016	2	50	Carl Platt	MMAC	17:17.19		
Sun 18/09/2016	3	25	Tony Golabek	SVHC	17:29.89		
Sun 18/09/2016	M40 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	76	Mark Couldwell	MMAC	16:06.20		
Sun 18/09/2016	2	120	Lee Tolhurst	SCVAC	17:06.35		
Sun 18/09/2016	M45 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	194	Kerry-Liam Wilson	SVHC	15:42.39		
Sun 18/09/2016	2	158	Gordon Lee	MMAC	15:44.41		
Sun 18/09/2016	3	143	James Douglas	MMAC	16:05.15		
Sun 18/09/2016	4	181	David Smith	MMAC	16:24.18		
Sun 18/09/2016	5	144	Ed Fazakerley	NMAC	16:31.91		
Sun 18/09/2016	6	137	Mark Champion	SCVAC	17:23.14		
Sun 18/09/2016	---	139	Evatt Cummings	WMAA	DNF		
Sun 18/09/2016	M50 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	265	Ben Reynolds	VAC	16:08.67		
Sun 18/09/2016	2	204	Guy Bracken	NEMAA	16:12.85		
Sun 18/09/2016	3	289	Simon Wright	NMAC	16:38.32		
Sun 18/09/2016	4	290	Tony Wright	SWVAC	16:44.52		
Sun 18/09/2016	5	239	Christopher Hollinshead	MMAC	16:55.20		
Sun 18/09/2016	6	246	Mick Kingsbury	MMAC	16:56.48		
Sun 18/09/2016	7	199	Dean Angell	SCVAC	17:27.11		
Sun 18/09/2016	8	273	Brian Scally	SVHC	17:43.41		
Sun 18/09/2016	9	197	Simon Anderson	SWVAC	18:03.22		
Sun 18/09/2016	10	270	Anthony Roper	MMAC	18:28.51		
Sun 18/09/2016	11	226	Dave Flitcroft	NMAC	20:46.59		
Sun 18/09/2016	---	240	Bashir Hussain	NMAC	DNF		
Sun 18/09/2016	M55 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	304	David Clarke	NIMAA	17:40.64		
Sun 18/09/2016	2	354	Pete O'Connell	SCVAC	17:42.53		
Sun 18/09/2016	3	338	Andrew Kelleher	SCVAC	17:53.74		
Sun 18/09/2016	4	356	Steve Oliver	SWVAC	18:52.96		
Sun 18/09/2016	5	312	Steven Doxey	NMAC	19:06.36		
Sun 18/09/2016	6	327	Ken Ham	SWVAC	19:12.28		
Sun 18/09/2016	7	357	Colin Oxlade	SCVAC	20:36.40		
Sun 18/09/2016	M60 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	427	Peter Pyrah	NMAC	18:34.98		
Sun 18/09/2016	2	394	Alexander Chisholm	SVHC	18:45.08		
Sun 18/09/2016	3	428	Michael Quinn	NMAC	19:07.89		
Sun 18/09/2016	4	432	Kevin Spare	MMAC	19:10.75		
Sun 18/09/2016	5	405	John Hill	MMAC	19:19.68		
Sun 18/09/2016	6	425	David Proffitt	WMAA	20:02.12		
Sun 18/09/2016	7	420	Alan Newman	SCVAC	21:02.77		
Sun 18/09/2016	8	409	David King	SWVAC	21:19.46		
Sun 18/09/2016	---	445	Ian Wright	MMAC	DNF		
Sun 18/09/2016	M65 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	482	John Skelton	EVAC	18:21.66		

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	2	472	Richard	Marks	WMAA	18:44.08	
Sun 18/09/2016	3	456	Arthur	Daley	MMAC	19:22.20	
Sun 18/09/2016	4	474	Desmond	Michael	SCVAC	19:53.18	
Sun 18/09/2016	5	465	David	Jones	MMAC	21:00.06	
Sun 18/09/2016	6	450	Arnold	Bradshaw	NMAC	21:20.76	
Sun 18/09/2016	7	446	Paul	Allen	WMAA	21:42.02	
Sun 18/09/2016	8	451	Dennis	Brown	NMAC	21:45.06	
Sun 18/09/2016	M70 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	502	Peter	Giles	VAC	21:34.86	
Sun 18/09/2016	2	489	Tony	Brackstone	SCVAC	21:35.46	
Sun 18/09/2016	3	510	Geoff	Newton	SCVAC	21:40.32	
Sun 18/09/2016	4	513	Gordon	Orme	WMAA	21:43.23	
Sun 18/09/2016	5	490	Phil	Brennan	MMAC	22:28.38	
Sun 18/09/2016	M75 5000 Metre Run						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	524	John	Batchelor	VAC	21:37.78	
Sun 18/09/2016	2	529	Fred	Gibbs	NMAC	23:24.13	
Sun 18/09/2016	3	536	Lawrie	Peter	VAC	24:46.65	
Sun 18/09/2016	W35 2000 Metre Steeplechase						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	575	Jacqueline	Etherington	SVHC	8:16.67	
Sun 18/09/2016	W40 2000 Metre Steeplechase						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	632	Claire	Thompson	SVHC	7:25.96	
Sun 18/09/2016	2	633	Katrina	Wastenev	EVAC	8:52.95	
Sun 18/09/2016	M60 2000 Metre Steeplechase						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	438	Tom	Ulliott	VAC	9:03.87	
Sun 18/09/2016	2	435	Malcolm	Thirlaway	NEMAA	9:04.23	
Sun 18/09/2016	M65 2000 Metre Steeplechase						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	457	Peter	Duhig	EVAC	8:57.93	
Sun 18/09/2016	M35 3000 Metre Steeplechase						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	43	Steve	Millward	MMAC	10:04.68	
Sun 18/09/2016	2	34	Istvan	Jacso	EVAC-HUN	10:15.57	
Sun 18/09/2016	3	25	Tony	Golabek	SVHC	10:53.66	
Sun 18/09/2016	4	13	Andy	Cohen-Wray	EVAC	11:52.00	
Sun 18/09/2016	M40 3000 Metre Steeplechase						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	87	Lee	Garland	WMAA	10:27.71	
Sun 18/09/2016	2	120	Lee	Tolhurst	SCVAC	10:37.03	
Sun 18/09/2016	M45 3000 Metre Steeplechase						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	171	Colin	Palmer	MMAC	10:33.74	
Sun 18/09/2016	2	152	Jason	Harding	NEMAA	10:49.20	
Sun 18/09/2016	3	169	Darren	Newbould	NMAC	11:02.66	
Sun 18/09/2016	4	161	Wayne	Lillis	OPEN	11:39.74	
Sun 18/09/2016	5	159	Paul	Lester	MMAC	11:43.63	
Sun 18/09/2016	M50 3000 Metre Steeplechase						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	252	Jeremy	Mower	WMAA	11:33.22	
Sun 18/09/2016	2	247	Don	Lawless	SVHC	13:03.37	
Sun 18/09/2016	3	291	Philip	York	SWVAC	13:12.66	
Sun 18/09/2016	---	228	Andrew	Fraser	SVHC	DNF	
Sun 18/09/2016	M55 3000 Metre Steeplechase						

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	328	Benjamin Hands	SVHC	12:06.68		
Sun 18/09/2016	2	323	David Gill	NMAC	12:25.12		
Sun 18/09/2016	3	358	Mike Peters	MMAC	12:34.47		
Sun 18/09/2016	W45 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	647	Harriet Hide	OPEN	30:14.57		
Sun 18/09/2016	2	637	Julie Bellfield	MMAC	30:27.98		
Sun 18/09/2016	3	650	Wendy Kane	MMAC	34:40.71		
Sun 18/09/2016	M50 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	210	Dwane Butterly	MMAC	26:24.65		
Sun 18/09/2016	2	228	Andrew Fraser	SVHC	34:40.91		
Sun 18/09/2016	W50 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	672	Lynn Bellfield	MMAC	33:24.28		
Sun 18/09/2016	M55 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	---	365	Francisco Reis	SCVAC	DNF		
Sun 18/09/2016	W55 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	719	Fiona Bishop	VAC	33:32.86		
Sun 18/09/2016	2	741	Carrie Oliver	SWVAC	35:35.17		
Sun 18/09/2016	W60 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	777	Ann Wheeler	MMAC	29:10.60		
Sun 18/09/2016	2	761	Cath Duhig	EVAC	31:02.36		
Sun 18/09/2016	M65 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	449	Peter Boszko	MMAC	28:29.97		
Sun 18/09/2016	W65 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	779	Noel Blatchford	SCVAC	33:57.81		
Sun 18/09/2016	M70 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	499	David Fall	MMAC	36:01.40		
Sun 18/09/2016	M75 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	541	Edmund Shillabeer	SWVAC	35:05.66		
Sun 18/09/2016	2	545	Ron Stewart	NEMAA	41:00.23		
Sun 18/09/2016	M80 5000 Metre Race Walk						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	557	Arthur Thomson	VAC	31:44.55		
Sun 18/09/2016	M35 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	46	Clint Nicholls	EVAC	1.75m		
Sun 18/09/2016	2	52	Andrew Reeves	MMAC	1.70m		
Sun 18/09/2016	3	36	Dean Kane	SVHC	1.40m		
Sun 18/09/2016	M40 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	85	Andrew England	NMAC	1.70m		
Sun 18/09/2016	M45 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	195	Adam Young	MMAC	1.70m		

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	2	175	Matthew	Reece	MMAC	1.65m	
Sun 18/09/2016	3	136	David	Carpenter	SVHC	1.55m	
Sun 18/09/2016	M50 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	196	Ian	Allen	SWVAC	1.65m	
Sun 18/09/2016	2	249	Steve	Linsell	NMAC	1.60m	
Sun 18/09/2016	3	258	Erskine	Peters	EVAC-TRI	1.50m	
Sun 18/09/2016	M55 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	359	Richard	Phelan	EVAC	1.50m	
Sun 18/09/2016	2	371	Alan	Smith	VAC	1.30m	
Sun 18/09/2016	2	355	Sean	O'Keefe	VAC-IRL	1.30m	
Sun 18/09/2016	M60 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	389	David	Blunt	VAC	1.45m	
Sun 18/09/2016	2	437	Ian	Torode	SWVAC	1.40m	
Sun 18/09/2016	2	434	Duncan	Talbot	SCVAC	1.40m	
Sun 18/09/2016	2	383	Paul	Askew	MMAC	1.40m	
Sun 18/09/2016	5	439	Trevor	Wade	SCVAC	1.35m	
Sun 18/09/2016	6	414	William	Lonsdale	SVHC	1.20m	
Sun 18/09/2016	M65 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	468	Geoffrey	Kitchener	VAC	1.03m	
Sun 18/09/2016	M70 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	494	Allan	Cheers	WMAA	1.21m	
Sun 18/09/2016	2	492	Juan	Chacon Chacon	OPEN-ESP	1.18m	
Sun 18/09/2016	2	520	Edward	Wagner	NMAC	1.18m	
Sun 18/09/2016	M75 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	525	Roger	Bruck	SCVAC	1.27m	
Sun 18/09/2016	2	530	David	Haines	SCVAC	1.15m	
Sun 18/09/2016	M80 High Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	549	Tony	Crocker	MMAC	1.24m	
Sun 18/09/2016	M35 Pole Vault						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	49	Ian	Parkinson	SCVAC	3.80m	
Sun 18/09/2016	2	40	Joe	McGrath	EVAC	3.20m	
Sun 18/09/2016	M40 Pole Vault						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	99	Robert	Kingman	EVAC	4.00m	
Sun 18/09/2016	M50 Pole Vault						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	242	Mark	Johnson	NMAC	4.20m	
Sun 18/09/2016	2	261	Glyn	Price	WMAA	3.80m	
Sun 18/09/2016	3	222	Simon	Eastwood	EVAC	3.00m	
Sun 18/09/2016	---	282	Derek	Warn	SCVAC	NH	
Sun 18/09/2016	M55 Pole Vault						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	373	Mark	Spivey	OPEN	3.30m	
Sun 18/09/2016	2	359	Richard	Phelan	EVAC	3.10m	
Sun 18/09/2016	3	340	Allan	Leiper	SCVAC	3.00m	
Sun 18/09/2016	4	343	Wayne	Martin	SCVAC	2.70m	
Sun 18/09/2016	5	371	Alan	Smith	VAC	2.70m	
Sun 18/09/2016	M60 Pole Vault						

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	443	Allan Williams	SCVAC	3.20m		
Sun 18/09/2016	2	421	Paul Oakes	EVAC	2.60m		
Sun 18/09/2016	---	389	David Blunt	VAC	NH		
Sun 18/09/2016	M70 Pole Vault						
Sun 18/09/2016	Finals						
Sun 18/09/2016	---	491	Mike Bull	NIMAA	NH		
Sun 18/09/2016	M75 Pole Vault						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	532	John Howe	WMAA	2.10m		
Sun 18/09/2016	W35 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	596	Lynsie Whyke	NMAC	10.30m	1.1	
Sun 18/09/2016	2	590	Rebecca Mulley	SWVAC	8.85m	+0.0	
Sun 18/09/2016	W45 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	667	Amanda Wale	WMAA	9.47m	+0.0	
Sun 18/09/2016	2	638	Jackie Breslin	SCVAC	7.50m	+0.0	
Sun 18/09/2016	W50 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	708	Janice Timberlake	WMAA	9.39m	+0.0	
Sun 18/09/2016	2	682	Melanie Garland	WMAA	9.05m	+0.0	
Sun 18/09/2016	3	702	Mandy Rowley-Jones	SCVAC	8.15m	+0.0	
Sun 18/09/2016	W55 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	742	Janice Pryce	MMAC	9.75m	+0.0	
Sun 18/09/2016	2	727	Danea Herron	OPEN-IRL	8.52m	+0.0	
Sun 18/09/2016	3	744	Susan Richardson	NMAC	8.33m	+0.0	
Sun 18/09/2016	4	748	Clare St John-Coleman	WMAA	8.11m	+0.0	
Sun 18/09/2016	5	751	Julie Wakelam	MMAC	7.44m	+0.0	
Sun 18/09/2016	W60 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	755	Lyn Ahmet	SCVAC	7.74m	+0.0	
Sun 18/09/2016	W65 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	784	Sally Hine	MMAC	6.78m	1.1	
Sun 18/09/2016	2	790	Linda Oxlade	SCVAC	4.28m	+0.0	
Sun 18/09/2016	W75 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	804	Iris Holder	WMAA	6.36m	+0.0	
Sun 18/09/2016	W80 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	808	Anne Martin	EVAC	5.57m	+0.0	
Sun 18/09/2016	M35 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	28	Lawrence Harvey	EVAC	14.62m	0.7	
Sun 18/09/2016	2	11	Navid Childs	WMAA	14.18m	0.7	
Sun 18/09/2016	3	37	Stephen Leek	SVHC	11.30m	0.5	
Sun 18/09/2016	4	18	Rick Cordwell	NMAC	11.19m	+0.0	
Sun 18/09/2016	M40 Triple Jump						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	100	Stephen Lake	SCVAC	11.38m	+0.0	
Sun 18/09/2016	2	63	Ben Anderson	SCVAC	11.21m	+0.0	
Sun 18/09/2016	M45 Triple Jump						
Sun 18/09/2016	Finals						

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Date	Position	Bib Name	Club	Performance	W/S	Heat
Sun 18/09/2016	1	174 Ben	Radcliffe	SCVAC	11.10m	0.8
Sun 18/09/2016	2	147 Leeroy	Golding	NMAC	9.75m	+0.0
Sun 18/09/2016	M50 Triple Jump					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	232 Julien	Gittens	NMAC	11.76m	-0.5
Sun 18/09/2016	2	283 Clifford	Warren	VAC	10.37m	-1.6
Sun 18/09/2016	3	249 Steve	Linsell	NMAC	10.34m	+0.0
Sun 18/09/2016	M55 Triple Jump					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	294 John	Barratt	NMAC	11.10m	0.1
Sun 18/09/2016	2	359 Richard	Phelan	EVAC	10.82m	+0.0
Sun 18/09/2016	3	332 Henry	Hopkins	MMAC	10.08m	+0.0
Sun 18/09/2016	4	375 Pete	Stepney	SCVAC	9.40m	+0.0
Sun 18/09/2016	5	370 David	Shields	WMAA	9.20m	-1.1
Sun 18/09/2016	---	313 Albert	Earle	MMAC	FOUL	
Sun 18/09/2016	M60 Triple Jump					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	437 Ian	Torode	SWVAC	9.18m	2.0
Sun 18/09/2016	2	414 William	Lonsdale	SVHC	8.84m	+0.0
Sun 18/09/2016	M65 Triple Jump					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	460 David	Folgate	EVAC	10.19m	+0.0
Sun 18/09/2016	2	477 Patrick	Reynolds	VAC-IRL	6.49m	+0.0
Sun 18/09/2016	M70 Triple Jump					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	506 Allan	Long	VAC	8.55m	+0.0
Sun 18/09/2016	2	494 Allan	Cheers	WMAA	8.26m	+0.0
Sun 18/09/2016	3	519 James	Smith	SVHC	8.06m	0.8
Sun 18/09/2016	4	515 Norman	Rice	VAC	7.53m	+0.0
Sun 18/09/2016	M75 Triple Jump					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	540 Pinchas	Shechter	VAC-ISR	8.81m	+0.0
Sun 18/09/2016	---	530 David	Haines	SCVAC	FOUL	
Sun 18/09/2016	M80 Triple Jump					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	551 John	Evans	MMAC	6.82m	0.8
Sun 18/09/2016	M35 Shot Put					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	21 David	Dowson	NEMAA	13.78m	
Sun 18/09/2016	2	5 Steven	Birse	NEMAA	11.18m	
Sun 18/09/2016	M40 Shot Put					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	64 Ken	Baker	EVAC	12.77m	
Sun 18/09/2016	2	118 Stuart	Thurgood	SCVAC	11.42m	
Sun 18/09/2016	3	122 Daniel	Upton	VAC	11.29m	
Sun 18/09/2016	M45 Shot Put					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	141 Gintas	Degutis	EVAC-LTU	14.81m	
Sun 18/09/2016	2	138 Damian	Crawford	NIMAA	10.50m	
Sun 18/09/2016	3	142 Paul	Derrien	SCVAC	10.28m	
Sun 18/09/2016	4	151 Matthew	Hammond	NMAC	9.69m	
Sun 18/09/2016	M50 Shot Put					
Sun 18/09/2016	Finals					
Sun 18/09/2016	1	253 John	Nicholls	NMAC	15.02m	
Sun 18/09/2016	2	215 Nick	Crimmen	NMAC	13.06m	
Sun 18/09/2016	3	271 Stuart	Ryan	NEMAA	12.94m	
Sun 18/09/2016	4	286 Stephen	Whyte	EVAC	12.42m	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	5	278	Anthony	Tipping	SCVAC	11.88m	
Sun 18/09/2016	6	202	David	Bauer	EVAC	11.45m	
Sun 18/09/2016	7	218	Renzo	Di Libero	VAC	11.16m	
Sun 18/09/2016	8	205	David	Brown	NMAC	10.32m	
Sun 18/09/2016	9	201	Tony	Balko	NMAC	10.12m	
Sun 18/09/2016	10	244	Paul	Kelly	SCVAC	8.97m	
Sun 18/09/2016	11	231	Jim	Gillespie	EVAC	7.79m	
Sun 18/09/2016	---	209	David	Burrell	EVAC	FOUL	
Sun 18/09/2016	M55 Shot Put						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	300	Robert	Broadbridge	SWVAC	12.62m	
Sun 18/09/2016	2	340	Allan	Leiper	SCVAC	12.49m	
Sun 18/09/2016	3	329	Michael	Hausler	EVAC-GER	11.52m	
Sun 18/09/2016	4	350	John	Moreland	MMAC	11.03m	
Sun 18/09/2016	5	362	Glyn	Pugh	WMAA	9.81m	
Sun 18/09/2016	6	371	Alan	Smith	VAC	9.65m	
Sun 18/09/2016	7	379	Peter	Wishart	VAC	8.84m	
Sun 18/09/2016	8	355	Sean	O'Keeffe	VAC-IRL	8.77m	
Sun 18/09/2016	9	293	Alex	Ahmet	SCVAC	8.50m	
Sun 18/09/2016	M60 Shot Put						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	381	David	Abernethy	NMAC	13.44m	
Sun 18/09/2016	2	436	Stephen	Thomas	NMAC	13.14m	
Sun 18/09/2016	3	433	Trevor	Straker	NEMAA	10.75m	
Sun 18/09/2016	4	421	Paul	Oakes	EVAC	10.31m	
Sun 18/09/2016	5	388	John	Birkett	NMAC	9.63m	
Sun 18/09/2016	6	415	Derek	Martin	NMAC	9.29m	
Sun 18/09/2016	7	392	Jim	Burke	EVAC	8.04m	
Sun 18/09/2016	M65 Shot Put						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	461	Neil	Griffin	SCVAC	12.61m	
Sun 18/09/2016	2	486	Geoff	Tyler	EVAC	12.49m	
Sun 18/09/2016	3	479	Tony	Richards	VAC	10.97m	
Sun 18/09/2016	4	481	Bunt	Scott	EVAC	9.63m	
Sun 18/09/2016	5	448	John	Blackwell	EVAC	9.52m	
Sun 18/09/2016	6	476	Bill	Renshaw	MMAC	9.29m	
Sun 18/09/2016	7	477	Patrick	Reynolds	VAC-IRL	7.29m	
Sun 18/09/2016	M70 Shot Put						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	509	Garry	Negus	SCVAC	10.11m	
Sun 18/09/2016	2	504	Richard	Jegou	MMAC	9.86m	
Sun 18/09/2016	3	515	Norman	Rice	VAC	8.88m	
Sun 18/09/2016	4	505	David	Kuester	MMAC	8.67m	
Sun 18/09/2016	5	501	John	Gilbert	VAC	8.63m	
Sun 18/09/2016	6	520	Edward	Wagner	NMAC	8.50m	
Sun 18/09/2016	M75 Shot Put						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	547	John	Watts	NMAC	11.06m	
Sun 18/09/2016	2	543	James	Sloan	NMAC	9.83m	
Sun 18/09/2016	3	540	Pinchas	Shechter	VAC-ISR	8.67m	
Sun 18/09/2016	4	531	Raymond	Hall	SCVAC	8.12m	
Sun 18/09/2016	5	544	Frank	Stewart	OPEN-IRL	8.08m	
Sun 18/09/2016	6	530	David	Haines	SCVAC	7.80m	
Sun 18/09/2016	M80 Shot Put						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	550	Warwick	Dixon	SCVAC	8.90m	
Sun 18/09/2016	2	555	Robin	Sykes	SVHC	8.67m	
Sun 18/09/2016	M85 Shot Put						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	560	John	Kirkham	VAC	6.19m	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	W35 Discus Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	587	Debbie	McCaw	SCVAC-NZL	30.73m	
Sun 18/09/2016	2	588	Lynette	McKeown	MMAC	27.18m	
Sun 18/09/2016	3	586	Heather	Mballa	SCVAC	22.75m	
Sun 18/09/2016	W40 Discus Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	614	Andrea	Jenkins	EVAC	38.26m	
Sun 18/09/2016	2	613	Sarah	Hewitt	SCVAC	37.83m	
Sun 18/09/2016	3	605	Jacqueline	Cherry	SCVAC	27.13m	
Sun 18/09/2016	4	608	Claudia	Cubbage	SCVAC	21.97m	
Sun 18/09/2016	W45 Discus Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	654	Sue	Lawrence	SCVAC	29.92m	
Sun 18/09/2016	2	665	Camilla	Thrush	SCVAC	25.73m	
Sun 18/09/2016	W50 Discus Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	678	Jenny	Cooper	MMAC	29.21m	
Sun 18/09/2016	2	681	Lorna	Foster	MMAC	24.60m	
Sun 18/09/2016	3	693	Karen	Llewellyn	WMAA	22.87m	
Sun 18/09/2016	W55 Discus Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	721	Claire	Cameron	SVHC	27.15m	
Sun 18/09/2016	2	746	Deborah	Singleton	VAC	24.33m	
Sun 18/09/2016	3	723	Wendy	Dunsford	EVAC	22.99m	
Sun 18/09/2016	W60 Discus Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	775	Vilma	Thompson	SCVAC	21.86m	
Sun 18/09/2016	2	760	Anje	de Lang	OPEN-NED	16.05m	
Sun 18/09/2016	W65 Discus Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	790	Linda	Oxlade	SCVAC	11.88m	
Sun 18/09/2016	W70 Discus Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	799	Liz	Sissons	SCVAC	18.22m	
Sun 18/09/2016	M35 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	23	Mark	Elliott	MMAC	43.29m	
Sun 18/09/2016	2	24	Neil	Fitzpatrick	SCVAC	31.57m	
Sun 18/09/2016	3	61	Leon	Weaving	SCVAC	26.72m	
Sun 18/09/2016	M40 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	91	Graham	Holder	WMAA	52.19m	
Sun 18/09/2016	2	118	Stuart	Thurgood	SCVAC	50.49m	
Sun 18/09/2016	3	122	Daniel	Upton	VAC	25.48m	
Sun 18/09/2016	M45 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	142	Paul	Derrien	SCVAC	40.73m	
Sun 18/09/2016	2	151	Matthew	Hammond	NMAC	37.92m	
Sun 18/09/2016	M50 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	257	John	Pearson	MMAC	65.38m	
Sun 18/09/2016	2	286	Stephen	Whyte	EVAC	53.74m	
Sun 18/09/2016	3	209	David	Burrell	EVAC	43.46m	
Sun 18/09/2016	4	223	Robert	Ellingham	EVAC	42.02m	
Sun 18/09/2016	5	278	Anthony	Tipping	SCVAC	41.11m	
Sun 18/09/2016	6	202	David	Bauer	EVAC	41.07m	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	7	244	Paul Kelly	SCVAC	40.74m		
Sun 18/09/2016	8	201	Tony Balko	NMAC	37.07m		
Sun 18/09/2016	9	205	David Brown	NMAC	31.70m		
Sun 18/09/2016	10	231	Jim Gillespie	EVAC	23.09m		
Sun 18/09/2016	M55 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	372	Phillip Spivey	SCVAC	52.83m		
Sun 18/09/2016	2	367	Martin Roberts	MMAC	46.10m		
Sun 18/09/2016	3	300	Robert Broadbridge	SWVAC	44.75m		
Sun 18/09/2016	4	361	Chris Privett	VAC	43.11m		
Sun 18/09/2016	5	350	John Moreland	MMAC	38.35m		
Sun 18/09/2016	6	305	Ian Cooley	NMAC	33.22m		
Sun 18/09/2016	7	362	Glyn Pugh	WMAA	33.06m		
Sun 18/09/2016	8	379	Peter Wishart	VAC	25.83m		
Sun 18/09/2016	9	293	Alex Ahmet	SCVAC	18.46m		
Sun 18/09/2016	M60 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	399	Malcolm Fenton	EVAC	48.77m		
Sun 18/09/2016	2	436	Stephen Thomas	NMAC	42.12m		
Sun 18/09/2016	3	442	John Wild	NEMAA	35.55m		
Sun 18/09/2016	4	415	Derek Martin	NMAC	34.36m		
Sun 18/09/2016	5	384	Mike Bale	SCVAC	33.45m		
Sun 18/09/2016	6	392	Jim Burke	EVAC	30.17m		
Sun 18/09/2016	7	419	Timothy Needham	EVAC	27.79m		
Sun 18/09/2016	8	406	Clive Howell	MMAC	27.55m		
Sun 18/09/2016	M65 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	481	Bunt Scott	EVAC	36.66m		
Sun 18/09/2016	2	448	John Blackwell	EVAC	32.26m		
Sun 18/09/2016	3	480	Dave Russell	MMAC	30.42m		
Sun 18/09/2016	4	476	Bill Renshaw	MMAC	30.20m		
Sun 18/09/2016	M70 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	509	Garry Negus	SCVAC	35.83m		
Sun 18/09/2016	2	508	Christopher Melluish	SCVAC	33.48m		
Sun 18/09/2016	3	501	John Gilbert	VAC	31.96m		
Sun 18/09/2016	4	518	Swaran Singh Dhaliwal	MMAC-IND	31.24m		
Sun 18/09/2016	5	495	Patrick Conboy	OPEN-IRL	30.45m		
Sun 18/09/2016	6	505	David Kuester	MMAC	30.04m		
Sun 18/09/2016	7	504	Richard Jegou	MMAC	25.87m		
Sun 18/09/2016	M75 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	528	William Gentleman	NMAC	35.99m		
Sun 18/09/2016	M80 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	550	Warwick Dixon	SCVAC	29.17m		
Sun 18/09/2016	M85 Hammer Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	561	Graham Roberts	MMAC	22.47m		
Sun 18/09/2016	2	560	John Kirkham	VAC	20.91m		
Sun 18/09/2016	W35 Javelin Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	586	Heather Mballa	SCVAC	28.53m		
Sun 18/09/2016	2	595	Victoria Storey	NMAC	28.00m		
Sun 18/09/2016	3	587	Debbie McCaw	SCVAC-NZL	23.11m		
Sun 18/09/2016	4	578	Margot Griffiths	MMAC	20.15m		
Sun 18/09/2016	W40 Javelin Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	623	Stephanie Pain	EVAC	24.06m		

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	2	617	Claire	Lacey	SCVAC	22.35m	
Sun 18/09/2016	3	614	Andrea	Jenkins	EVAC	21.72m	
Sun 18/09/2016	W45 Javelin Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	654	Sue	Lawrence	SCVAC	28.02m	
Sun 18/09/2016	2	635	Karen	Addis	MMAC	27.67m	
Sun 18/09/2016	3	658	Margaret	Pope	VAC	27.38m	
Sun 18/09/2016	W50 Javelin Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	703	Sally	Serridge	OPEN	27.79m	
Sun 18/09/2016	2	701	Julie	Rogers	MMAC	21.22m	
Sun 18/09/2016	3	693	Karen	Llewellyn	WMAA	17.23m	
Sun 18/09/2016	W55 Javelin Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	727	Danea	Herron	OPEN-IRL	22.67m	
Sun 18/09/2016	2	751	Julie	Wakelam	MMAC	22.55m	
Sun 18/09/2016	3	717	Hazel	Barker	NMAC	17.67m	
Sun 18/09/2016	W60 Javelin Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	775	Vilma	Thompson	SCVAC	18.94m	
Sun 18/09/2016	W65 Javelin Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	781	Jean	Fail	SWVAC	16.55m	
Sun 18/09/2016	2	790	Linda	Oxlade	SCVAC	13.12m	
Sun 18/09/2016	W70 Javelin Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	799	Liz	Sissons	SCVAC	22.82m	
Sun 18/09/2016	2	795	Margaret	Coombe	SCVAC	14.61m	
Sun 18/09/2016	M35 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	21	David	Dowson	NEMAA	12.32m	
Sun 18/09/2016	2	23	Mark	Elliott	MMAC	10.14m	
Sun 18/09/2016	3	5	Steven	Birse	NEMAA	10.01m	
Sun 18/09/2016	4	24	Neil	Fitzpatrick	SCVAC	9.67m	
Sun 18/09/2016	5	61	Leon	Weaving	SCVAC	9.27m	
Sun 18/09/2016	M40 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	118	Stuart	Thurgood	SCVAC	14.37m	
Sun 18/09/2016	2	122	Daniel	Upton	VAC	9.89m	
Sun 18/09/2016	M45 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	151	Matthew	Hammond	NMAC	10.39m	
Sun 18/09/2016	M50 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	257	John	Pearson	MMAC	21.83m	
Sun 18/09/2016	2	286	Stephen	Whyte	EVAC	19.26m	
Sun 18/09/2016	3	209	David	Burrell	EVAC	15.89m	
Sun 18/09/2016	4	202	David	Bauer	EVAC	14.24m	
Sun 18/09/2016	5	278	Anthony	Tipping	SCVAC	13.45m	
Sun 18/09/2016	6	244	Paul	Kelly	SCVAC	12.27m	
Sun 18/09/2016	7	205	David	Brown	NMAC	12.10m	
Sun 18/09/2016	8	231	Jim	Gillespie	EVAC	9.92m	
Sun 18/09/2016	M55 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	372	Phillip	Spivey	SCVAC	20.40m	
Sun 18/09/2016	2	300	Robert	Broadbridge	SWVAC	16.23m	
Sun 18/09/2016	3	361	Chris	Privett	VAC	15.30m	

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Date	Position	Bib	Name	Club	Performance	W/S	Heat
Sun 18/09/2016	4	367	Martin	Roberts	MMAC	13.64m	
Sun 18/09/2016	5	350	John	Moreland	MMAC	13.54m	
Sun 18/09/2016	6	305	Ian	Cooley	NMAC	11.83m	
Sun 18/09/2016	7	362	Glyn	Pugh	WMAA	11.64m	
Sun 18/09/2016	M60 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	381	David	Abernethy	NMAC	18.17m	
Sun 18/09/2016	2	399	Malcolm	Fenton	EVAC	17.25m	
Sun 18/09/2016	3	436	Stephen	Thomas	NMAC	16.06m	
Sun 18/09/2016	4	442	John	Wild	NEMAA	13.58m	
Sun 18/09/2016	5	384	Mike	Bale	SCVAC	13.52m	
Sun 18/09/2016	6	421	Paul	Oakes	EVAC	13.14m	
Sun 18/09/2016	7	415	Derek	Martin	NMAC	11.77m	
Sun 18/09/2016	8	392	Jim	Burke	EVAC	11.49m	
Sun 18/09/2016	9	419	Timothy	Needham	EVAC	10.22m	
Sun 18/09/2016	10	406	Clive	Howell	MMAC	9.94m	
Sun 18/09/2016	M65 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	461	Neil	Griffin	SCVAC	13.66m	
Sun 18/09/2016	2	448	John	Blackwell	EVAC	12.33m	
Sun 18/09/2016	3	481	Bunt	Scott	EVAC	12.30m	
Sun 18/09/2016	4	476	Bill	Renshaw	MMAC	10.89m	
Sun 18/09/2016	5	480	Dave	Russell	MMAC	10.20m	
Sun 18/09/2016	M70 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	509	Garry	Negus	SCVAC	13.85m	
Sun 18/09/2016	2	495	Patrick	Conboy	OPEN-IRL	12.34m	
Sun 18/09/2016	3	501	John	Gilbert	VAC	11.56m	
Sun 18/09/2016	4	505	David	Kuester	MMAC	11.36m	
Sun 18/09/2016	5	504	Richard	Jegou	MMAC	10.04m	
Sun 18/09/2016	M75 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	528	William	Gentleman	NMAC	14.36m	
Sun 18/09/2016	M80 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	550	Warwick	Dixon	SCVAC	12.39m	
Sun 18/09/2016	M85 Weight Throw						
Sun 18/09/2016	Finals						
Sun 18/09/2016	1	561	Graham	Roberts	MMAC	9.26m	
Sun 18/09/2016	2	560	John	Kirkham	VAC	7.41m	